

WOLVES TEAM BUILDING

**SHARED OWNERSHIP
SHARED SUFFERING
INDIVIDUAL RESPONSIBILITY
COLLECTIVE PRIDE**

10 POINTERS FOR WINNING A CHAMPIONSHIP

- 1. GET THERE**
- 2. WHEN YOUR TEAM GETS THERE – IT'S NOT A BIG DEAL**
- 3. DO WHAT YOU DID TO GET THERE**
- 4. BE AGGRESSIVE**
- 5. REST**
- 6. GIVE NO EASY BASKETS**
- 7. GET EASY BASKETS**
- 8. MAKE FREE THROWS**
- 9. MAKE LAY UPS**
- 10. GIVE YOUR TEAM A REASON TO WIN**

TEAM SPORTS ARE REALLY DIFFICULT THINGS. SOMETIMES YOUR TEAM WINS BECAUSE OF YOU, SOMETIMES IN SPITE OF YOU, AND SOMETIMES IT'S LIKE YOU ARE NOT EVEN THERE. THAT'S THE REALITY OF THE TEAM GAME. AT ONE POINT IN MY CAREER SOMETHING WONDERFUL HAPPENED; I DON'T KNOW WHY OR HOW, BUT I CAME TO UNDERSTAND WHAT "TEAM" MEANT. IT MEANT THAT ALTHOUGH I DIDN'T GET A HIT OR MAKE A GREAT DEFENSIVE PLAY, I COULD STILL IMPACT THE TEAM IN AN INCREDIBLE AND CONSISTENT WAY. I LEARNED I COULD IMPACT MY TEAM BY CARING FIRST AND FOREMOST ABOUT THE TEAM'S SUCCESS AND NOT MY OWN. I DON'T MEAN BY ROOTING FOR US LIKE A TYPICAL FAN - FANS ARE FICKLE. I MEAN CARE, REALLY CARE ABOUT THE TEAM...ABOUT "US." I BECAME LESS SELFISH, LESS LAZY, AND LESS SENSITIVE TO NEGATIVE COMMENTS. WHEN I GAVE UP ME I BECAME MORE. I BECAME A CAPTAIN, A LEADER, A BETTER PERSON AND I CAME TO UNDERSTAND THAT LIFE IS A TEAM GAME...AND YOU KNOW WHAT? I'VE FOUND MOST PEOPLE AREN'T TEAM PLAYERS. THEY DON'T REALIZE THAT LIFE IS THE ONLY GAME IN TOWN. SOMEONE SHOULD TELL THEM. IT HAS MADE ALL THE DIFFERENCE IN THE WORLD TO ME.

**Don Mattingly
All-Star First Baseman
New York Yankee Captain**

COMPLIMENTS OF NSU BASKETBALL

NORTHERN STATE WOLVES BASKETBALL
COACHES' NEWSLETTER August, 2006.



Hello. My name is Steve Smiley and I'm an Assistant Basketball Coach and Admissions Counselor at Northern State University. I had the fortune of playing for Coach Meyer at NSU, graduating in the year 2004. Upon graduation, I pursued my masters and began my coaching career at Texas A&M International University (Laredo, TX), and last year I was an assistant at Black Hills State University in Spearfish, SD before coming back to Aberdeen. In the following pages, I will discuss various topics that our program is constantly focusing on, followed by a few key dates that may be beneficial to you and your program, and finally, some additional information on products, etc.

Thoughts from the summer of 2006...

In this newsletter, I would like to discuss a few concepts that resonated throughout the summer here in Aberdeen; ideas that were stressed throughout our summer camps, academies and clinics. They are in no particular order and they cover a broad, if not random, range of ideas, but these are things that we feel are extremely important in building a winning program.

7 Ways to Lose a Game:

1. **Don't play hard:** You can have the most talented team in the world, you can have the most intelligent team in the world, but if your team doesn't play hard, there is no chance that they will be successful over the course of time. You must, before all else, establish and demand that your players play hard. It must be your identity.
2. **Don't play smart:** After establishing that your team plays hard, you must then teach your players how to play smart. They must have a high "basketball I.Q." Your players must learn and buy into the system that you teach and they must learn technique. At Northern, we say, "You can have all the intensity of a mad dog in a meat house, but without technique, you'll end up with a bullet between the eyes." Your players must learn to be students of the game. We stress the importance of player notebooks and taking notes.
3. **Don't play together:** Finally, after teaching your players to play hard and smart, your players must then learn how to play together. Your team will have a very difficult time if there isn't unity among the troops.
 - a. Key Phrase = "Play Hard, Play Smart, Play Together."

4. **Don't have a delay game:** If your team is fortunate enough to get a lead late in the game, you must have some type of delay game. While that doesn't mean that you become passive and are afraid to shoot, that does mean that you may have restrictions such as; the only shot is a wide-open lay-up, minimum number of passes before shooting is 5, etc. Teams that don't have a delay game have the tendency to lose big games.
5. **Have no delay game defense:** There will be times when you are losing and the opponent is running a delay game to milk the clock. If and when that is the case, you must have a secondary defense that will force the offense to speed up and hopefully take bad shots, so your team can preserve the clock. That might mean you have a press defense, or a trapping zone defense, but whatever the case, you must find ways to speed up the game and give yourself more possessions and opportunities to score.
6. **No comeback game:** Your team won't always have a ten-point lead late in the game. There will undoubtedly be times when your team is going to be losing and your players have to know how to speed up the game to get more possessions and thus, more opportunities to come back. First of all, do you have "quick-hitters" in place; set plays that will result in a good look at the basket in a minimal amount of time? Also, do you have substitution patterns in place to best maximize your talent when you are losing? For example, subbing in the appropriate players on a defensive possession that will give you the best chance to stop the other team, and during dead balls, subbing in shooters on offensive possessions if you need to get 3-pointers to get back in the game. In addition, when your team is shooting a free throw, do you have players ready to check in if the player makes the second free throw, which will stop the clock and set up your defense (a timeout without using a timeout)? Being prepared for situations where your team is losing late in the game and having a plan of action ready is vital to a successful program.
7. **Don't simplify the game:** There is a lot of power and truth in the saying, "Simplicity is Complicated." You must keep the game simple for your players. If they have to think too much, they won't be able to react. A good quote is "the more they think, the slower their feet get." A great coach teaches his or her players a few simple principles from which the program is known by, and then, that coach lets the players play the game.

How to Evaluate a Game: → Tools that we use to determine how well or poorly our team actually played. Many times the scoreboard is a poor judge of your team's performance.

1. **Turnover Margin:** Looks to see if your team has “sureness” with the ball on offense and whether your team can create turnovers on defense. As the coach, you might have a goal of having a +5 margin, for instance, or you might set a mandatory goal of, for example, always having less than 10 turnovers and having a goal of forcing at least 15 turnovers.
2. **Rebound Margin:** Using a rebounding margin is a good barometer of how well you competed on the glass, and is probably better than measuring your rebounding effort with absolute numbers. For example, having a goal of out-rebounding your opponent by +10 is probably more realistic than saying that your goal is to get 50 total rebounds every game. Each game will have a varying number of rebounding opportunities due to the pace of the game, referees, etc.
3. **Field Goal Attempts:** If everything is equal, the team that gets the most and the best shots will win. Newell's Rule = “Get better shots than your opponent and get more of those better shots.”
4. **Field Goal %:** Two rules that your program could live by are; your best shooter should have the most shots (shooting isn't equal opportunity) and your worst shooter should have your best FG% (only takes lay-ups, wide open shots).
 - a. **NSU Grading System:**
 - i. 4 = Wide open lay-up
 - ii. 3 = Wide open shot by good shooter
 - iii. 2 = Contested shot by good shooter
 - iv. 1 = Terrible shot
 - v. 0 = Turnover
5. **Free Throw Attempts:** The golden rule is to make more free throws than your opponent attempts.
6. **Free Throw %:** It's one thing to get to the free throw line; it's another thing to make your free throws. Great teams make their free throws.
7. **No player scores more than 15 points:** We like to use 15 points as a barometer to see if any one player really hurt our team. Most teams may have one or two stellar scorers that require special attention on defense and if our team can't slow those players down, it will

be a long night. Holding great scorers under 15 points is a great measure of how well your team is playing team defense, because it's very difficult, if not impossible, to stop a great scorer with one defender; help-side, rotations, and an overall effort by all five players on the floor is required.

8. **3-Point Game**: Refers to both on offense and on defense. On offense, it's simple enough – your team must make open 3's. The players that are great 3-point shooters need to be the ones taking those shots. On defense, we always stress the concepts of “No 3's to a 3” and the concept of a “Dead 3” → A player that has at least 50% of his / her attempts from the three-point line. A Dead 3 gets no standing looks; he / she must dribble to a shot. Thus, how well did your team defend the 3-pointer? Also, how well did your team get your 3-point shooters open?
9. **Floor Game**: The floor game encompasses a wide range of possibilities, including getting loose balls, taking charges, saving the ball from a turnover (saver-savee idea), etc. Your team could have a goal of taking a minimum of 2 charges, or getting 90% of all loose balls, etc.
10. **Assist Game**: The assist game can mean many things. As a coach, you can look at your team's assist: turnover ratio, possibly with a goal of 2 assists to 1 turnover (2:1). In addition, you can look at the assist to made basket %. Another, less subjective way of tracking assists would be to track how many “screen assists” your team has in a game; the number of times that a team member's screen (possibly a back or flare screen) led to a wide open shot or lay-up.



4 Types of Players:

1. **Unconscious & Incompetent**: These types of players “don’t know that they don’t know.” They aren’t even aware that they don’t have a feel for the game. These players aren’t going to contribute on a winning team.
2. **Conscious & Incompetent**: These players now realize that “they know they don’t have it.” These players still don’t have a feel for the game and are lacking in the skill department but they realize where their weaknesses are and can now begin to improve → Awareness is the beginning of correction.
3. **Conscious & Competent**: At this level of development, the player is able to perform various skills (competent), but he / she must think about everything that he is doing before performing the skill; i.e. catch the ball, go into triple threat, direct drive, etc. → You know, but you don’t flow. Very robotic.
4. **Unconscious & Competent**: The most difficult level to reach, this player can perform the skills without having to think about them. For this type of player, the game naturally “flows.”

“The Anal Coach”

The final topic that we shall discuss is the idea of the anal coach. There is always a discussion as to how much control the head coach should exert over his players. Should he (or she) dominate the players, attempting to control every aspect of their games, not to mention their lives? Or, should the coach be a “player’s coach” and cater more to the needs of the player? While there is no clear-cut answer, and while it can be argued that both ways work in certain situations, we would like to talk about the concept of the anal coach and what that coach will do to a team.

→ We argue that the anal coach will always have good teams, but never great teams because that coach can’t let the player’s play. An anal coach will make bad teams better because of the control, discipline and organization implemented into the program, but at the same time, an anal coach will also make good teams worse, because he will confine the players to a certain degree; he won’t be able to let them make plays because he has to control everything on the floor.

Key quotes:

- A weaker coach has to exert more control
- A stronger coach does not have to exert much force
- The strong can be kind, the weak must be cruel – Sun Tzu.

Players Make Plays

Jerry Meyer

As basketball players, we must develop the ability to create and finish plays. We want to be able to make variety of plays anywhere on the court against top competition. In order to make plays, we must possess the skills necessary for making plays and our skills will only be as good as our level of mastery of the techniques that make up the skills. Our desire to become the best player we can be needs to be channeled towards mastering the techniques. If the techniques are sufficient, the skills will be sufficient to make the play. If enough plays are created and finished with in our team framework, our team will win enough possessions to win the game.

So this process of developing our individual play-making ability starts with our desire to improve and win games. Then we must channel this desire towards the mastery of the techniques of efficient and explosive execution of the skills. The play-making effectiveness of our skills is dependent on how efficiently and explosively you can perform them. Visualize the plays you will need to make for your team to win games. Then identify the skills that will make those plays and develop the techniques necessary for efficient and explosive execution of those skills.

LOVE OF THE GAME
Produces a
DESIRE TO IMPROVE AND WIN
Which must be focused on a
MASTERY OF THE TECHNIQUES OF EFFICENCY &
EXPLOSIVENESS
Producing a
HIGH SKILL LEVEL
Which combined with
VISION & POSITION & ANTICIPATION
Enables you to
MAKE THE PLAYS
That
WIN POSSESSIONS
And
WIN THE GAME



WINNING THE GAMES WITHIN THE GAME

JUMP BALL_____

DEFENSIVE GAME

- HOLD THE OPPONENT UNDER 70 TOTAL POINTS. _____
- NO PLAYER SCORES OVER 20 POINTS _____

REBOUNDING GAME

- GET 50% OF AVAILABLE OFFENSIVE. REBOUNDS _____
- GET 60% OF ALL AVAILABLE REBOUNDS _____

SURENESS GAME

- FORCE 20 OR MORE TURNOVERS _____
- HAVE LESS THAN 10 TURNOVERS _____

LANE GAME

- 25 QUALITY CATCHES AND 15 QUALITY SHOTS/FOULS _____
- 30 POINTS AND 15 REBOUNDS FROM POST. PTS _____ REB. _____
- 50 TOTAL POINTS IN THE LANE _____

FIELD GOAL PERCENTAGE

- OPPONENT UNDER 40% _____ UNDER 30% FROM THREE _____
- OPPONENT 4 THREES OR LESS _____
- HAVE A FG% OVER 52% _____
- HAVE A 3FG% OF MORE THAN 45% _____

FREE THROW GAME

- NSU IN BONUS 1ST 1/2 _____ DOUBLE 1ST 1/2 _____ BONUS 2ND 1/2 _____ DOUBLE 2ND 1/2 _____
- OPP. IN BONUS 1ST 1/2 _____ DOUBLE 1ST 1/2 _____ BONUS 2ND 1/2 _____ DOUBLE 2ND 1/2 _____
- MAKE MORE FREE THROWS THAN OPPONENT ATTEMPTS
OUR FREE THROWS MADE _____ OPPONENT'S FT ATTEMPTED _____
- NO OFFENSIVE REBOUNDS OFF FREE THROWS _____
- NUMBER OF SUCCESSFUL FREE THROW X'S _____

FLOOR GAME

- ALL AVAILABLE CHARGES _____ ONE 1 TO 5/4 POST _____
- ALL AVAILABLE LOOSE BALLS _____ ONE PITCH AHEAD _____
- ALL AVAILABLE SAVES _____ ONE DIAGONAL _____
- SCREENS AND CUTS _____ ASSIST US _____ THEM _____

OUT OF BOUNDS GAME

- SIDELINE _____
- BASELINE _____

SCORE OF THE GAME

NORTHERN _____

OPPONENT _____

NORTHERN STATE WOLVES BASKETBALL

NORTHERN STATE WOLVES BASKETBALL

MOTION PRINCIPLES

1. Spacing is offense; offense is spacing...BIG SPACING.
2. Angles; post men constantly seal to obtain feeding angles/perimeters move to obtain feeding angles.
3. Momentum; we look to drive against an opponents momentum and/or mismatches.
→ OUR DRIVE OF PREFERENCE IS THE MIDDLE DRIVE.
→ Pass fakes, shot fakes & skip passes are excellent ways to create defensive momentum.
4. Hit first open man by zipping pass away from the defense. Center ball on top, middle catches.
5. On every catch look Rim, Post, Action...verbals in practice are great teaching tools.
6. Put the ball on top twice...we want to go to the 3rd side and 4th side and then inside.
→ 4 passes = a good shot, 5 passes = a great shot, 7 passes = a great shot and a foul
7. Hold the ball longer on top as our best post feeds come from the top versus a man or a zone
8. We want to go inside, inside, and inside some more. Cut and space gaggle on the catch.
9. Slow down and read your defensive man when you make cuts.
→ This gives you a change of pace with your change of direction.
10. Basket cut to score or whenever you do not know what to do on the perimeter.
→ Stick head under the basket, read the defense, and space to appropriate area at the NBA line.
11. Players in the post seal constantly to occupy defense rather than chasing ball around perimeter.
→ Your only movement is to get more of the defense. Get a two foot in the paint angled catch.
→ Show your numbers to the ball and the ball will come to you.
12. Move the ball quickly and crisply, but not so fast that you can't see the Rim, Post and Action.
13. Move with a purpose when cutting and screening. Watch your defender rather than the ball.
→ We need quality cuts and screens. Head hunt your screen and sit low and wide.
14. We want to take great open rhythm shots.
4 = Open lay-up
3 = Open jump shot
2 = Okay shot by a good shooter/scorer
1 = Bad shot
0 = Turnover

WE WANT 4'S & 3'S
15. We must have great Offensive Board Coverage (OBC) on every shot...3 tailbacks
→ We want 2 on 1 rebounding in the weakside slice of the pie. REBOUND PRESENSE
16. We must have great Transition and Talk on every shot we take.
Fullback at the half line allows no lay-ups or uncontested 3's
Halfback at circle area for long rebound and to stop the ball
3 tailbacks that crash the boards and then get their tails back

GETTING TO THE FREE THROW LINE (we want to make more free throws than opponents attempt)

1. Fast break at every opportunity.....UNCOMFORTABLE PACE
2. Post and finish strong to the rim (this doesn't have to be just post men)
3. Quality cuts and screens..... lots of pipe cuts, pocket catches, catches on top
4. Drive the ball as opposed to dribbling...drive against momentum and mismatches
5. Offensive Board Coverage on each shot

NORTHERN STATE WOLVES BASKETBALL

THINGS I WISH I WOULD HAVE KNOWN EARLIER AS A PLAYER.....

- WHAT IT FEELS LIKE TO BE A SENIOR (THE SACRIFICE FOR THE TEAM)
- HOW MUCH TIME THE COACHING STAFF PUTS IN TRYING TO PREPARE THE TEAM FOR LIFE, PRACTICES AND GAMES
- HOW MUCH TIME THE COACHING STAFF SPENDS THINKING ABOUT WHAT IS BEST FOR THE TEAM
- YOUR TEAM IS ONLY AS GOOD AS THE LAST PLAYER TO BUY IN (WEAKEST LINK) – YOU HAVE A “TRUE” TEAM ONLY WHEN EVERY LAST PLAYER HAS BOUGHT IN
- WHEN YOU WIN WITH A “TEAM”, THE VICTORY TASTES MUCH SWEETER
- TEAM CHEMISTRY IS THE MOST IMPORTANT THING IN THE GAME OF BASKETBALL – WITHOUT IT CHAMPIONSHIPS ARE HARD TO COME BY
- THAT THE “TEAM” IS NOT THE COACHES’ TEAM, IT’S YOUR (PLAYERS) TEAM
- THAT IT CAN TAKE AN ENTIRE SEASON TO BUILD A “TEAM” AND ONE INCIDENT TO DESTROY THE CHEMISTRY THAT WAS BUILT
- HOW YOU PLAY IN PRACTICE ULTIMATELY AFFECTS YOUR PERFORMANCE IN THE GAME
- IF YOU WANT TO BE THE BEST PLAYER, YOU HAVE TO BE THE HARDEST WORKER
- IT DOESN’T MATTER HOW GOOD YOU ARE IF YOU ARE NOT MENTALLY TOUGH
- THAT YOU WIN GAMES BY PREPARING PROPERLY IN PRACTICE AND NOT JUST LACING UP THE SNEAKERS ON GAME NIGHT
- IT’S HARD AS A COACH TO SIT A PLAYER WHO MAKES HUSTLE PLAYS CONSISTENTLY AND WORKS HARD IN PRACTICE
- THE IMPORTANCE OF BALL PRESSURE AND JUMPING TO THE BALL AND HOW TO PLAY IT PROPERLY
- COMMUNICATION IS A MUST TO BE SUCCESSFUL ON AND OFF THE COURT
- I HAVE A BETTER CHANCE TO PLAY IF I AM A GREAT DEFENDER VS. A GOOD SHOOTER
- THE SOONER I REALIZE THAT EVERYTHING STARTS WITH DEFENSE THE BETTER I WILL BE ABLE TO PREPARE MYSELF FOR THE PRACTICES AND GAMES
- THE KEY TO BECOMING A GREAT REBOUNDER IS PUTTING FORTH THE EFFORT TO GO TO THE GLASS AND ABILITY HAS LITTLE TO DO WITH IT (REBOUND SEQUENCE)
- A GOOD TEAM DEFENSE IS BUILT WITH THE FOUNDATION OF TRUST
- HOW MUCH YOU HAVE TO PREPARE MENTALLY FOR THE SECOND NIGHT OF PLAY IN CONFERENCE FRIDAY / SATURDAY GAMES – AFTER LOSES, MORE SO WINS
- IT’S NOT WHO STARTS THE GAME, IT’S WHO FINISHES THE GAME – BE A FINISHER
- YOU HAVE TO HAVE A GREAT SECOND HALF WARM-UP PHYSICALLY TO GET YOURSELF READY MENTALLY (PERCEIVED ABILITY THAT WE ARE READY TO GO)
- THAT YOU CAN CONTROL TWO THINGS IN LIFE: 1. ATTITUDE 2. EFFORT – AND MORE OFTEN THAN NOT, POSITIVE WORDS AND ACTIONS CREATE POSITIVE REACTIONS



The Definite Dozen of Wolves Basketball

TO STAY HERE:

1. **BE COMMITTED TO YOUR ACADEMICS** – Know your catalog...make a plan...get degree. Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to professor when we travel or you are having a problem. Get tutors when you need them.
2. **BE COMMITTED TO HAVING CLASS** – Treat teachers, trainers, support staff, food service workers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
3. **BE COMMITTED TO DOING THE RIGHT THING** – We have plenty of school rules...know them. Realize if you just try to do the right thing you will be OK. Try to do the next right thing right and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM** – We realize that our players are in a fish bowl at Northern. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.

TO PLAY HERE:

1. **BE COMMITTED TO HARD WORK** – Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are the best we can be...we work at it. Our best player must be our hardest worker. Be our hardest worker.
2. **BE COMMITTED TO BECOMING A SMART PLAYER** – We all must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. We all must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practice and games.
3. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT** – We must all believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player or coach...We need unselfish players and coaches.
4. **COMMIT YOURSELF TO A WINNING ATTITUDE** – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We always are looking for ways to win.

TO WIN HERE:

1. **BELIEVE IN OUR SYSTEM OF PLAY** – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.
2. **BELIEVE IN YOURSELF** – Play with confidence...think positive. Don't get down when you play poorly...realize you were chosen to be here...be a leader... remember that your heart controls what your tongue says. Lead by example.
3. **BELIEVE IN YOUR TEAMMATES** – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We are all different – be tolerant of teammates and others.
4. **BELIEVE IN YOUR COACHES** – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine, complain or make excuses. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.

NORTHERN STATE UNIVERSITY – WOLVES BASKETBALL

DEFENSIVE RULES & DEFENSIVE PACKAGE

4 Levels of Defense → 1)Ball 2)Off Ball 3)Situations 4)Recovery

Philosophy: Our individual and team defensive rules are successful when each player concentrates each possession on *recognizing*, *anticipating*, and *making plays*. We are an attacking defense that takes away the opponent's strengths and dictates the tempo of the game. WE DETERMINE THE OUTCOME OF THE GAME.

Defensive Rules:

1. Transition, Talk and Point (TTP)

- From our offensive board coverage & turnovers
- No points off turnovers
- Three tailbacks to board every time (2/1 weak side)
- Halfback at his proper adjusted depth
- Fullback at the half line
- GET AHEAD OF THE LINE OF THE BALL
- Backflow / Wolf the Ball

2. Ball Pressure (Control, Steer, Zipper)

- Six inch zone, line of scrimmage
- Front hand attacking top of ball, back hand sickle
- Sickle as you JUMP TO BALL TO DENY
- Steer at wing. Inside arc GUARD A YARD
- Zipper at wing, crotch on top leg
- Control funnel – ADJUST GAP AS WE SEE FIT
- Strive for a DEAD call

3. Anticipate Quick Rotations

- JUMP TO BALL for position
- Attack ball penetration (Brick wall)
- On and up the line, fake traps
- Ball below circle – “hoop” is both feet on ball side
- “High I” is both feet on man side of basket
- We adjust like a free safety in football
- BASELINE TRAP & COVERDOWN WIDE
- HOLD YOUR TRAPS
- Closest man rule → X-out
- GO WHERE YOUR HELP CAME FROM

4. Keep It Out

- Be in proper stance and proper position
- Anticipate (quickness=vision, position, anticipation)
- Attack and stop ball penetration one yard outside of lane

5. Keep It Off

- Head in the passing lane
- Ball side of down screens

6. Shot Pressure

- We pressure every shot, proper hand on lay-ups
- Front hand on jump shot – do not short arm
- Brick wall on power - Jail if under board
- Smaller guard can strip & pressure

7. BOPCRO (Block Out, Pursue, Chin Rebound, Outlet)

- Forearm in chest & butt in gut “Pop Him”
- Easiest Turn, with Hands Shoulder High

Stance – you are always a better athlete when in the proper stance and in position.

Vision – 75% on the ball & 25% on your man

Position – vision puts you in the proper position

Talk – Your mouth never stops moving (intelligent talk)

Anticipate – The proper stance with vision puts you in the proper position to recognize, anticipate and make a defensive play.

Four Keys to Great Defense:

1. Developing a defensive conscience
2. Tremendous pressure on the ball
3. Quick ballside (fake trap) and helpside rotation
4. Attacking and stopping ball penetration

“BALLSIDE DEFENSE MAKES US TOUGH”

“HELPSIDE DEFENSE MAKES US SUCCESSFUL”

Defensive Package:

1--- Man to Man Pressure

2--- Match-up

A. Regular with bumps

B. Fist with traps

3 ---1-3-1

4 --- Flat 2-3 (Trap Below Free Throw Line Extended)

WE CAN ZIP UP ANY OF THESE

Level of Our Pick-up:

- Free Man (always unless Up is signaled).....Regular
- Man Up On Ball.....Thumb Up
- Deny All Passes in With Free Man.....40
- Weak Hand Catch of First Pass.....30
- Top of Half Line Circle.....20
- Top of Our Circle.....10

We will set a half court fence for each game or no fence for each game

Traps:

- Smart Trap Handler (PG denial).....Fist on Head
- No Shooting the Gap
- Trap First Pass.....One Fist Up
- Trap Dribble on Sideline.....Two Fists Up
- Trap Dribble Past Half Line on Sideline....Side Fist
- Trap Pass Past Half Line on Sideline.Two Side Fists

Denials (no trap):

- Double Deny Handler → Two Hands on Head

Attacking/Trapping the Post:

1. Off the passer
A. On the pass B. On the dribble
2. Wolf off a dork
3. High I
4. Low I automatic

Holzman On Hoops

By: Red Holzman w/ Harvey Froommer

A franchise player is one who had or has an impact on the game, his team, the players he's gotten to work with, the fans. To me, franchise players are more than all-stars. They're meal tickets.

A franchise player wants the ball when the game is on the line. He never blinks. When it's crunch time, he leads by example by demanding the ball. It's really a cliché to say that a player wants the ball in the clutch. Lots of players want it then. But the true franchise player not only wants the ball, not only is willing to get the ball, not only thinks he can do whatever has to be done when the game is on the line--- he does it.

A franchise player makes the guys around him better. Teams double-team and sometimes triple-team franchise players. Game plans are set up around ways of stopping them. But a true franchise player gets around all of that and even makes the fringe players on his team better.

With the addition of a franchise player, the whole makeup of a team changes. The team may not automatically win a championship, but it does become a winner.

A franchise player has also got to be durable. He's got to be out there for forty minutes. He sits down only when the game is over one way or another.

Knowledge of the game, court savvy, intelligence----these are other qualities of a franchise player. They know the score in more ways than one.

--Jerry West said, "I don't mind people depending on me... Pressure makes me want to play harder. As the game goes on, the harder things are, the better I like it. The challenge sees to lift me up."

--John Havlicek said, "Whether I start or come off the bench makes no difference to me. It doesn't change anything. My game has always been to go as hard as I can as long as I can. I want my opponents to chase me. I want him to get tired and loaf maybe once or twice on defense. That's when I'll take advantage of him."

--Not only does Bird want the ball in the clutch, he knows what to do with it when he gets it. He's a player that is unselfish, a guy in the mold of players on championship teams. However, when he has to be selfish for the good of the team, he can be.

Larry has a great flair at hitting the open man. He plays hard all the time and he doesn't tolerate other guys on his team not playing the same way.

Mental strength is another part of Bird's package. In his mind he doesn't see himself losing a game, and he doesn't allow his teammates to do so either. Bird can be down 20 points and still keep playing as if there's just a couple of points separating his Celtics from the other team. He brings Boston up to another level.

In his head he responds so much quicker; he's on his way to get to where he has to go while others think about getting there. He just won't let his team lose.

NORTHERN STATE UNIVERSITY

WOLVES BASKETBALL

Shooting and Free Throw Shooting Competitive Games

Shooting Games

- 1, 2, 3 shooting game to 21, or any total.**
Start at 3-point line or free throw line if younger.
Always try to set a personal best.
 - Shot fake
Circle tight
Body on 1st, straight line drive.
Head up on target. 1 dribble to rim, chin the ball, clean lay-up for 1 point.
 - Shot fake
Circle tight
Go somewhere with 1 dribble.
Hold follow-through. Make is 2 points.
Swish=extra point. (3)
 - Shot preparation. "Don't shoot fast, get ready to shoot fast."
Ball in the air, feet in the air.
Hold follow-through. Make is 3 points.
Swish=extra point. (4)
-Can go alone or 2, 3, or 4 in a group. Go against another team, time, or both.
- Five Point Count Down** (or any number)
-1 on makes – count down
+1 on misses – count up
Time it for personal best or compete against someone. You could add the swish rule.
- Make 25 don't miss 2 in a row.**
If you miss 2 in a row and can swish the next shot you are still alive.
Keep going after you get to 25.
- 4 Up**
Get 4 ahead of the other team. Sit down in a straight line with ball in front of the line when you finish. We usually shoot from free throw line elbows, but you can adjust it to any spot.
- Beat Steve Nash**
Start with a Free Throw (Make = +1, Miss = -3)
After the free throw, you shoot jump shots and a certain number of lay-ups according to age level.
(Make = +1, Miss = -2)
First to 10 wins
- 2 Balls, 3 Closers Out**
1 shooter, 1 passer, 3 defenders. Passer feeds shooter and defenders run out and jump to try and block shot. Passer uses ball fakes, dribble follows, etc to make drill game-like. One shooter stays in for a while, then rotate new passer and shooter into drill. If shot gets blocked, shot fake and 1 dribble pull-up. Then go back to 3's until another one gets blocked.

Free Throw Games

- Free Throws & Points**
For example; shoot 4 Free Throws get 5 points
Swish = 2 points
(Any number free throws and points can be set)
- Plus 2, Minus 2**
Swish = +1
Make with rim = 0
Miss = -1
After plus 2, make as many in a row as you can. If you miss, you can swish the next one to stay alive.
- Make 16 Free Throws in 6 minutes**
Shoot a 1 on 1
 - Miss the 1st – Do a dribble suicide with weak hand
 - Miss the 2nd – Dribble down and back twice
 - Make both – Dribble down and back once
- Team 1 on 1**
Everyone shoots a 1 on 1; you must reach whatever total is set for a goal. Sprint to baseline, and hold your number of makes above your head to get the count.
- Buy the Bank Free Throws**
Makes add up to points
Miss buys the current point total
Reach a certain total (usually 21) and you are out.
- Team encouragement free throws.**
Teammate shoots 1 free throw. If the player misses, you run. If you don't encourage, everyone runs.
- Bubba Free Throws or Free Throws to Win**
Set a score like 64-60 (you are down)
Make = +1 for you
Miss = +2 for the opponent
Entire team shoots one each, or you can use smaller groups.
- Scrimmages**
Poorest free throw shooters shoot all the free throws in scrimmage action. When you are subbed out, make 6 in a row and you can come back in (John Wooden).
- 3 in a row – 5 minutes (make 66)**
3 guys at a basket. 1 guy shoots and tries to make 3 in a row. If he misses any of the 3, you rotate and the next guy tries. Once a guy makes 3 in a row, he yells out his name and a manager/coach records it. Then you rotate to the next guy. Goal is 66 3 in a rows in 5 minutes for a 12 person squad.



Northern State University Basketball Trademarks

1. TEAM ATTITUDE (WE BEFORE ME)

Love for each other	Unselfish
Trustworthy	Huddles on the floor
Clean locker-room	Help teammates up
Wipe up floor	Sprint off floor
Disciplined	Know Roles

2. SERVANTHOOD / STEWARDSHIP

Courteous / Polite	Picking up trash
Sportsmanship	Respect for the game / Opponents
Doing the next right thing right	Helping Keith

3. TOUGHNESS (NEVER OUT HUSTLED, NEVER OUT THOUGHT)

4. FUNDAMENTALS

<u>Defense</u>	<u>Offense</u>
Transition and Talk	Sureness
Stance, Vision, Position, Talk	Triple Threat
Ball Pressure	LBBBOS
On and up the line	Doleac
Closeouts	Feeding the post
High hands --- Hand Above Ball	Cut and space
Shot pressure	Drive and space
BOPCRO	Follow through

5. STUDENTS / TEACHERS OF THE GAME

Notebooks
Camp
Active and teaching bench

6. COMMUNICATION

System of talk
Echo yells
Posts demand the ball

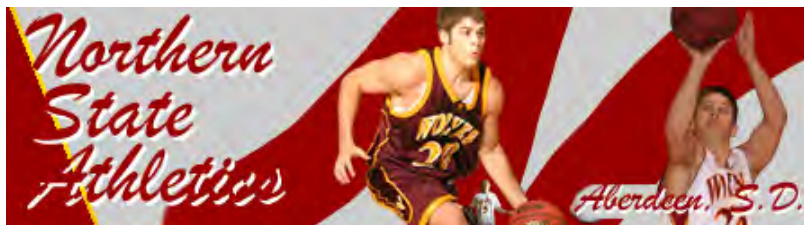
7. CONSTANT IMPROVEMENT (KAIZEN)

Sense of urgency
Warm-ups
Buying-in
Attention to detail
Red Team workouts



SUCCESS IN THE CLASSROOM

1. Plan your time carefully using your planner pad book.
 - A. There is plenty of “free” time but it has to be used wisely – especially for those involved in our basketball program.
 - B. Plan your week on Sunday and plan the next day the night before.
2. Attend every class.
 - A. You will miss very few classes due to trips for basketball. Avoid any unnecessary cuts due to lack of preparation, sleep, laziness, or any other reason. Meet with your instructor before you leave on a trip.
 - B. Plan to study on extended trips.
 - C. If any work is missed, plan to make up missed work immediately so that you are always current with assignments.
3. Make sure you get your assignments written down.
 - A. In your notes, always clearly jot down the assignment and date it is due.
 - B. Set your deadlines for completing the assignment. Use your monthly and weekly planner pad sheets.
 - C. Then complete the assignments.
4. Take Notes.
 - A. Organize your notes.
 - B. Jot down your notes so that they can be easily read.
 - C. Look over your notes after class.
5. Be sure you understand the lecture.
 - A. This requires reading ahead and preparing for your next class.
 - B. Discuss class material with classmates.
 - C. Possible conferences with professors
 - D. Research time in the library.
6. Make every attempt to contribute in class.
 - A. Sit in the front row.
 - B. Attendance, Attention, Attitude, Activity.
7. Don't be satisfied with passing.
 - A. Ten more minutes a day spent on each subject will greatly improve the quality of your work.
8. Know your library and use it. It's a “Do It Yourself” Education.
9. Student-athletes need more rest – plan accordingly.
10. Attack the “Small” Problems before they are allowed to become “Big” Problems.



Northern State University – Men’s Basketball → Dribble & Juggle / Two-Ball Dribbling

Ball-handling drills: Before our guys begin to work on shooting and game moves, we always want them to start their workout with ball-handling drills. **Remember these key points for all drills – A) Start Slow. B) Get a Rhythm. C) Go Fast Enough to Make a Mistake.**

Here are two of our favorites:

1. **Dribble & Juggle:** The player will use one of his / her hands (preferably the weak hand) to dribble a basketball, while at the same time using the other hand to juggle a tennis ball. This drill emphasizes learning how to handle the basketball without looking at it. The player must keep eye contact on the tennis ball and learn how to “feel” the basketball.
 - a. **Key Points:**
 - i. Be ball quick: Pound the basketball and keep the ball low. The player must sit into his / her stance.
 - ii. Eyes up, see the tennis ball.
 - iii. If you drop the tennis ball, you are not allowed to pick up the basketball to run to the tennis ball (this would result in a travel call in a real game), but instead, you must keep dribbling the basketball.
 - b. **Variations / Additions to the drill:** Once the player gets the basketball fundamental down, he can then try to throw the tennis ball progressively higher and higher towards the ceiling, and while the tennis ball is in flight, try to make some moves with the basketball (between the legs, behind the back, etc.). The player can also try the “knee catch” variation, which is where after throwing the tennis ball in the air, he lets it hit the ground and then try to catch it on the bounce before it gets above knee height.
2. **Two Ball Dribbling - Basic Sequence:** The basic sequence consists of six different parts in a stationary mode, and also while moving with the basketball.
 - a. **Key Points:**
 - i. Eyes on the opposite net → See the entire floor.
 - ii. Be ball-quick → Pound the basketballs
 - iii. Sit into an athletic stance → Be low and wide, not narrow and hunched over.
 - b. **Stationary Moves:**
 - i. **Low Rhythm** – The player is sitting into an athletic stance, looking straight ahead (at the opposite net), and is dribbling both basketballs as quickly as possible no higher than knee level at the same time (in rhythm).
 - ii. **Low Non-Rhythm** – Same as Low Rhythm, but now as the player dribbles the two basketballs no higher than knee level, he / she must alternate the two basketballs (one basketball should be at knee level while the other is hitting the floor).
 - iii. **High Rhythm** – Player stays seated, but now brings the basketballs to shoulder-height at the same time. The basketballs should be in front of the player, not out to the sides, and should go at least to the top of the shoulders, if not higher.
 - iv. **High Non-Rhythm** – Same as High Rhythm but now the basketballs alternate (as one is at the shoulder, the other should be near the floor).
 - v. **One High, One Low** – The most difficult of the sequence. The player must stay sitting into an athletic stance, and dribble one basketball as high as possible, and the other as low as possible to the ground. The player must work to pound both basketballs as quickly as possible (Be ball quick).
 - vi. **Switch – One High, One Low** – Same as above, but now the player switches which basketball is high, and which is low.
 - c. **Moving with the Basketball:** The player will walk out to half court (slowly) and must make the six above changes all before getting to half court. This is not a race! We want the player to get many repetitions of each of the six changes by the time he / she gets to half court. When the player gets to half court, he then turns around and on the way back, must make at least 3-4 ball changes. A ball change usually involves switching the basketballs with hands, and a couple examples would be doing a crossover with the two basketballs, using a crossover with one basketball while moving the other behind the back, and so forth. The player makes the ball changes at their pace (can be slow, can be fast).

We hope that after learning about these two drills you will consider to implement them in your own personal skill development workouts. We feel that these are intense drills that get the player ready for a solid workout. Of course, these aren’t the only drills that we use with our players, and if you would like more information, feel free to contact us at www.northern.edu, call us at 605-626-2230 or email us at wolvesbasketball@northern.edu.

Northern State University Wolves Basketball

Post Skill Development Workout

POST WARM-UP (Approximately one minute on each of these, SIT INTO YOUR GAME)

Two Ball Dribbling Sequence + Shelton Drills

Dribbling and Juggling

Take Infield with tennis ball (Low and wide, toes to the outside, SIT INTO YOUR GAME)

Imaginary Defense (Talk your defense, yell it out)

Moving without the ball (Work independently or work in pairs with another post or perimeter)

Break Package Sprints (To the rim for crunch)

Crab Dribbles

Shooting Progression

Groove your go to hooks

Mikan Sequence at one basket or Full Court Mikans

REMEMBER

Keep it straight, Aim for the BACK HALF OF THE BASKET

Get it up. Top of the shot; top of the board (WE WANT A CONSISTENT ARC ON EACH SHOT)

Hold a one second high follow through

Land six inches closer on your shot

- Use a feeder, tossback, spin yourself a pass, or flip yourself a pass.
- Chin all receptions. Slow down, hold your seal, vary your rhythm. Be quick without hurrying.
- The pass will lead you to a shot if you have angles. If played behind, quarter turn on passes to your shoulder.
- If played behind and the pass is at your face, chin the ball and look to the middle for diver or double team
- GET YOUR EYES ON THE TARGET
- Be low and wide on catch, be lower and WIDER on your move. Heel to toe on your move.
- Try to get to the front of the rim on your middle move.

GUIDELINES

1. All lay-ups must be clean to be a make
2. Put back all misses but they do not count as makes.
3. Use free throw swish rules in counting your free throws.
Swish = +1 Make Hitting Rim = 0 Miss = -1
4. If you have trouble with a move, break it down and spend extra time on just that move e.g. REPETITIONS TO AD NAUSEAM
5. BE A SKILL PLAYER NOT A DRILL PLAYER.
6. The technique and proper and quick execution at games speeds is what we care about.
7. Periodically check your heart rate with a ten second count and multiply by six.
220 – Age = Maximum Heart Rate Get to 90% of maximum heart rate e.g. 180+

HUTCH'S POST WORKOUT

- This should take 30 minutes and you have to MAKE ALL THE SHOTS before going to the next sequence.
 - You should do this workout every day and shorten it for game warm-ups.
 - PROPER AND QUICK REPETITION OF EACH MOVE GOING 100% IS THE KEY TO YOUR SUCCESS.
 - MOST SHOTS ARE TAKEN FROM YOUR FAVORITE SIDE OF THE BASKET.
 - If you want to work from your non-favorite side, that is fine, but you MUST WORK from your favorite side.
1. Four baseline power moves from your favorite side
 2. Four jump hooks to middle of the lane from your favorite side
 3. Four turnaround jump shots, pivoting on your baseline foot, from your favorite side
 4. Four turnaround jump shots with a shot fake, go to hook to the middle of the floor from your favorite side
FREE THROW SWISH +2/-2
 - If you lose (-2), do push-ups or a down and back sprint
 - If you win (+2), shoot a string of made free throws. If you miss, a swish lets you continue on.
 5. Four flash to the free throw line for a jump shot from your favorite side
 6. Four flash to the free throw line for a jump shot from your non-favorite side
 7. Four step out to the short corner for a jump shot from your favorite side
 8. Four step out to the short corner for a jump shot from your non-favorite side
FREE THROW SWISH +2/-2
 - If you lose (-2), do push-ups or a down and back sprint
 - If you win (+2), shoot a string of made free throws. If you miss, a swish lets you continue on.
 9. Four flash to the free throw line for a SHOT FAKE to a jump shot from your favorite side
 10. Four flash to the free throw line for a SHOT FAKE to a jump shot from your non-favorite side
 11. Four step out to the short corner for a SHOT FAKE to a jump shot from your favorite side
 12. Four step out to the short corner for a SHOT FAKE to a jump shot from your non-favorite side

FREE THROW SWISH +2/-2

- If you lose (-2), do push-ups or a down and back sprint
- If you win (+2), shoot a string of made free throws. If you miss, a swish lets you continue on.

13. Four flash to the free throw line for a SHOT FAKE to a power shot or dunk from your favorite side

14. Four flash to the free throw line for a SHOT FAKE to a power shot or dunk from your non-favorite side

15. Four step out to the short corner for a SHOT FAKE to a power shot or dunk from your favorite side

16. Four step out to the short corner for a SHOT FAKE to a power shot or dunk from your non-favorite side

FREE THROW SWISH +2/-2

- If you lose (-2), do push-ups or a down and back sprint
- If you win (+2), shoot a string of made free throws. If you miss, a swish lets you continue on.

IF YOU FEEL THAT A SEGMENT OR A MOVE IS NOT UP TO YOUR STANDARDS, ISOLATE THAT MOVE WITH MANY REPETITIONS SO YOU CAN PROPERLY EXECUTE AND FEEL THE MOVE.

YOU WILL WANT TO DO EXTRA WORK ON YOUR GO TO MOVE OUTSIDE OF HUTCH'S WORKOUT

MAKE FIVE IN A ROW; PUTBACKS COUNT

- Player will shoot five jump shots from the free throw line or either of the baseline step out areas.
- If he makes the shot the ball can hit the floor, but if he misses it he must rebound the ball before it hits the floor.
- The putback must be clean to count as a make.
- If you miss and the ball hits the floor the player must start over from the beginning.
- Do this workout from all three areas once a day. Add the shot fake if you want extra work or just mix it in randomly.

ENDING WORK-OUT

You can choose to end with two five pound weight plates and do one minute segments of

- a. Imaginary defense
- b. Moving without the ball
- c. Break package sprints

YOU CAN'T DO ALL THE DRILLS EACH DAY BUT YOU CAN DO ALL THE SKILLS

- **BE A PRACTICE PLAYER FIRST. PROPERLY AND QUICKLY EXECUTE THE FUNDAMENTALS OF THE GAME FOR THE WELFARE OF THE TEAM**
- **PRACTICE AND PLAY WITH THE INTENSITY AND POISE OF A NATIONAL CHAMPIONSHIP TEAM**
- **MODIFY YOUR WORKOUT SO IT YOUR GO TO AND YOUR COUNTER MOVE THAT YOU FOCUS ON !**

MAKE SURE YOU STRETCH AFTER YOUR WORKOUT IS COMPLETED



WOODEN'S TOP TEN

- 1. MAKE EACH DAY YOUR MASTERPIECE.**
- 2. NEVER CRITICIZE A TEAMMATE.**
- 3. MOST FIELD GOALS SHOULD COME AT THE END OF A PASS**
- 4. IF YOU ARE A GOOD OFFENSIVE PLAYER, IT IS A DISGRACE IF YOU ARE NOT A GOOD DEFENSIVE PLAYER.**
- 5. THE THREE ESSENTIALS FOR REBOUNDING:**
 - A. ASSUME EVERY SHOT WILL BE MISSED.**
 - B. GET YOUR HANDS ABOVE YOUR SHOULDERS.**
 - C. GO GET THE BALL (PURSUE IT).**
- 6. LOVE IS THE MOST MEANINGFUL WORD IN THE ENGLISH LANGUAGE, BUT BALANCE (PHYSICAL, MENTAL, EMOTIONAL) IS ESSENTIAL FOR A BASKETBALL PLAYER TO COME CLOSE TO HIS LEVEL OF COMPETENCY.**
- 7. DON'T TRY TO BE BETTER THAN SOMEONE ELSE, LEARN FROM OTHERS AS ALL YOU WILL EVER KNOW IS WHAT YOU LEARN FROM OTHERS AND NEVER CEASE TRYING TO BE THE BEST THAT YOU CAN BE.**
- 8. WHEN TEAMS ARE FAIRLY EVENLY MATCHED, THE BETTER CONDITIONED TEAM WILL USUALLY PREVAIL**
- 9. FAILURE TO PREPARE IS PREPARING TO FAIL.**
- 10. ABILITY MAY GET YOU TO THE TOP, BUT IT TAKES CHARACTER TO KEEP YOU THERE.**

“I TRIED TO HAVE ONLY TWO OR THREE ON THE DRESSING ROOM BOARD AT ALL TIMES, BUT TRIED TO HAVE ONE NEW ONE EACH WEEK AND OCCASIONALLY WOULD REPEAT SOME OF THE TEN LISTED AMONG THE MANY I USED.”

- JOHN WOODEN



TOUGH TEAMS...

- ✓ **Win on the road** -- Not since 1980 has a collegiate team won a championship with a less than .500 winning percentage on the road. Tough teams win in tough places.
- ✓ **Never get blown out** – Only 1 team over the past 25 years has suffered a loss by more than 25 points and gone on to win a championship. Tough teams always give themselves a chance to win.
- ✓ **Set the tone** – Tough teams determine how games are played. Tough teams execute and control the tempo.
- ✓ **Always show toughness** – When tough teams are down, they do not show frustration. If tough teams are hurt, they do not show pain. The opponent cannot read a tough team.
- ✓ **Are Consistent** – Tough teams always show up to play every time they step on the floor. Practice is tougher than games so games become easy.
- ✓ **Respect every opponent** – Tough teams understand that every game is important. Tough teams understand that every opponent, no matter what their record or reputation is, can beat them.
- ✓ **Dominate the boards** – No team with a negative rebounding margin has won a NCAA Title in the post John Wooden era.
- ✓ **Are identified with toughness** – Tough teams play great defense and take pride in it.
- ✓ **Tough teams take charges** – Tough teams get on the floor. Tough teams do not turn the ball over. Tough teams believe in the little things.

Pride in the Pack



Northern State Wolves Basketball

Perimeter Play Ideas

Defensive Ideas

- To win championships, you must play great defense. The point guard sets the tone defensively because everybody will feed off his intensity (or lack of).
- It is crucial for all perimeter players on the team to know their designated role on transition defense. This means that the players must also know their assigned roles for offensive rebounding (i.e. how many players are sent to the glass & how many are required to get back on defense).
- We want our point guard to be able to guard full court, one on one. We want to typically force the opposing handler to his weak hand in the full court. Having a guard that can put good pressure on the opposing team's best handler is an extremely valuable asset for our team defense. Our goal is to put constant pressure on the opposing team. The defender must gauge his quickness and the ball handler's quickness to determine how much pressure he can apply (both in the full court and the half court).
- "Pressure as much as possible without penetration or fouling."
- Our defensive wing players must be "On the Line, Up the Line" when they are playing help-side defense. Our general rule of thumb is that the further up the line (the line being the imaginary line that a pass would travel between the handler and the receiver) that the ball is, the further off the offensive player that our defensive wings must be. If the ball is being dribbled in the full court, we want our defensive wings many feet off of their men so that they can discourage penetration by the ball-handler. As the ball gets closer to the action, our defenders will adjust by getting closer to their men.
- General rule of thumb: Your team's best defender should always start. That sets the tone for a defensive mentality.
- In the half-court, as a defender you are always in only 1 of 3 positions in our scheme:
 - o On the ball
 - o Denial (one pass away)
 - o Help-side (2 or 3 passes away on perimeter, or post feed).
- Intensity + Technique = Hustle Plays

Dribbling Ideas / Live Ball Moves / Penetration Ideas

- Drive vs. Dribble → We want our players to drive, but we don't want them to dribble for no particular reason. We always ask our ball-handlers: "If the ball had eyes, would it be able to see when you had it?"
- On all dribbling drills (and as a general rule of thumb): "Start slow, get a rhythm, go fast enough to make a mistake"
- Versus pressure in the full court, we teach our players to attack the defense at 45-degree angles. Very hard to guard.
- A good player needs no more than 1 or 2 dribbles to get from the wing to the rim. In all of our breakdown drills, we don't allow our players to use more than 2 dribbles to get to the rim, unless they are using a hesitation move, back dribble, etc.

- We want our players to drive in straight lines to the rim. We don't want them veering out. Our goal is to make contact with the defense (make contact with the man guarding you and contact with the 2nd line of defense). We want to put our shoulder into the defensive man's hip on all drives (put a body on first).
- We want 60% of the weight on the permanent pivot foot on all moves (reduces traveling)
- Play against your opponent's momentum → Drive the front hand
- We want to go from a medium center of gravity to a low center of gravity
- "Be ball quick" and have eyes on the rim for vision
- Use the dribble to get out of trouble, not into trouble
- Never pick up your dribble without a pass or a shot
- The back dribble is the most important dribble in the game of basketball, but it is also probably the most rarely used, and it may be the most difficult dribble to master. The key points for the back dribble are:
 - o To keep eyes on the rim
 - o Have an "arm-bar" with the weak hand to shield the defense.
 - o Point the back toe, dribble near or behind that toe, and get out of trouble as fast as possible.
 - o The back dribble is a great time to get the defense attacking you → perfect opportunity to use a hesitation move to the rim (in the half court).
- The middle drive is the drive of preference in our offensive system. We believe that getting middle drives forces defensive help from defenders above the drive (great opportunity for crack-backs to 3 or dives to the rim) and from defenders (typically post men) below the drive (opportunity for bounce passes to our post men for easy lay-ups).
- The only reasons to dribble are:
 - o To advance the ball up the floor
 - o To improve passing angles (especially feeding the post)
 - o To get out of trouble
 - o To get to the rim
- Great players typically only have 2 moves with the dribble; the Go-To move, and the Counter move.
 - o The Go-To Move is the move everybody in the gym knows you're going to make, and they still can't guard you.
 - o The Counter Move is the move that you make when the defense is trying to take away your Go-To Move at all costs.
 - o Example: Go-To Move is the left-to-right crossover move, and the Counter Move is the In-n-Out (Fake Crossover) with the left hand. It works best if the Go-To & Counter Moves compliment each other.
- When driving baseline, players have to know what their options are if they can't get all the way to the rim. In our Drive & Space scheme, on any baseline penetration, the weakside wing will "drift" to the corner, the strong-side guard will "crack-back" behind the penetration, we will have a low-post ready for a feed, and we will have one more shooter in the opposite guard / wing spot looking for the 3-point shot.
- We allow our players to use either a "step-plant" or a "quick-stop" to go into the pull-up game. We typically teach and encourage player's to use the 2-footed quick-stop, because it is easier to teach and it allows our player to keep his permanent pivot foot on passes in traffic, but we also will allow a step-plant if the player can prove to us that they are comfortable with that move. The step-plant does have benefits, most notably that it is "quicker" and it creates more separation between the offense and defense.
- When a player penetrates and gets too deep into the lane to shoot a traditional pull-up, we teach the player to shoot a one-handed floater over the defender (we also have the shooter use the strong hand on the floater).

Passing & Receiving Ideas

- There aren't many great passers anymore. Most perimeter players are able to dribble, and some can shoot, but not many can pass. It is quickly becoming a lost art.
- Great passing teams are happy teams
- Players must understand who they are passing to and the current situation. It does no good to throw a pass to a great 3-point shooter inside the 3-point arc, and it does no good to pass to a post man that can't dribble on the break when he will have to put the ball on the floor to get to the rim.

- The bounce pass is used in tight quarters (penetrating guard using the bounce pass to the post) and can be used on cuts to the rim (example: back cut on the wing). We don't want any bounce passes on the perimeter, and a general rule of thumb is no bounce passes anytime the player is moving away from the basket.
- We like to use the chest pass in the open court (transition) or when our guards are spaced on the perimeter (much quicker than the one-handed flick pass). The legs must be used for velocity.
- We tell our players that if they can't successfully make solid, catchable passes to the post, they can't play. We work on post feeds a lot. On the baseline post feed, we want our players to dribble down to get the proper angle, and then we teach our players to step across with the inside foot to shield the pass from their defender (one of the only times we violate our concept of permanent pivot foot).
- On all bounce passes (including post feeds), we want the ball to hit 2/3 of the distance from the passer to the receiver. We also want the passer to turn the wrist from inwards to outwards so that the ball digs into the floor and spins into the receiver.
- On all catches, we want the following: "Ball in the Air, Feet in the Air" so that we can catch with two feet and then use our permanent pivot foot.
- On all catches, we want the receiver to meet the ball (shorten the pass). Most passes are intercepted when the receiver doesn't shorten the pass, allowing the defense to shoot through the passing lane.
- "Every pass is a shot" → Perimeters must believe that their pass will lead to the success or failure of the shot. A good pass in the shooting pocket will lead to a rhythm shot, whereas a pass too low or too high will get the shooter out of his rhythm, and may take the shot opportunity away (defense has time to react).

Shooting Ideas

- Shooting = Keep it straight, Get it up, Hold a one-second high follow-thru, and land 6" closer to the rim.
- "Top of the shot, top of the board"
- "Game shots, game spots, game speeds"
- You're always the most open when you first catch the ball
- Shooting = Focus, feel, follow-thru, feedback
- You don't shoot fast, you get ready to shoot fast (shot preparation).
- We want to get our feet ahead of our hands on all shots → We must have a solid base to shoot from.
- Great shooters are always in demand because they can stretch the defense.
- On all missed shots in practice, our players must yell either "Keep it straight" when they miss to the side, or "Back Half" when their shot is short.
- Good shooters don't miss to the side; great shooters don't miss short or to the side. They only miss long off of the back half.
- We want our players to "frame" the shot with their balance hand. After each shot, the player's shooting hand follow-through should visually be above the top of the back board.
- "Top of the shot, top of the board" is the minimum arc that we want our players to have.
- We encourage our players to use The Gun to get a lot of quality reps in a short amount of time, or a toss back.
- We encourage our players to use The Noah Machine to work on consistency of their arc. The Noah is a great tool (audio & visual) for players to see & hear the angle of their shot arc, and to work on becoming more consistent. Since using The Noah, we've seen some of our players improve a lot.

Rebounding Ideas

- The point guard should be one of the team's best defensive rebounders (typically the point guard won't have to block anybody out because his man is back on defense). Conversely, the point guard should get no offensive rebounds. Any offensive rebound that a point guard does get is fool's gold, and is a far worse situation than if the player never got a rebound.
- We want our small forward, or "3-man", to be a great offensive rebounder. We send three to the glass, and we expect our 3-man to always hit the glass, unless he is shooting a perimeter shot (which is when our 2-man will go to the glass). Great rebounding perimeters are hard to find.

- The shooting guard (2) and small forward (3) must recognize when the point guard is penetrating to the rim so that at least one of the players (depending on your team's offensive rebounding principles) gets back on defense to protect the hoop.
- "Every shot is a pass" mentality → Assume all shots will be missed.

Reading Screens Ideas

- Great perimeter players use screens to their advantage. Some players can't get a shot off of the dribble, but are extremely hard to guard because they are active and know how to use screens to get open shots. We try to teach our players how to use screens to their advantage.
- In general, we teach our player's to react to what the defense is giving us. For example, if a down screen is set and the defender chases us, we will automatically curl. Conversely, if the defender goes ball-side to cheat the screen, we teach our player's to fade.
- We want our player's to Wait, Read the Defense, and then use a Change of Pace to make the appropriate cut. We want to use deception in our game, but once we commit to a cut, we must be explosive to beat the defense. There can be no separation between screener & cutter to allow the defense through. The cutter must put his shoulder on the screener's hip. Before receiving the pass, the cutter must show hand targets.
- The 4 types of cuts off of a basic down-screen are:
 - o Straight Cut
 - o Curl Cut
 - o Fade Cut
 - o Back Cut
 - o ***Most players can only do 1 or 2 cuts successfully. For example, great shooters aren't very good at curling, and great penetrators aren't very good at fading for the open shot. Only the most complete, multi-dimensional players can successfully use all 4 cuts to put themselves in a position to score.

Moving Without the Basketball Ideas

- 90% of the game is played without the ball. The great players know how to move without the ball.
- "You don't shoot quick, you get ready to shoot quick" = Must be great at moving without the ball and in a position to score when you receive the pass
- "Square in the air" → Square your body in the air (hop off of the inside foot) to be ready to shoot on the catch
- Learn how to play at different speeds. We want the following to improve deception:
 - o Change of speed
 - o Change of direction

Ball Screens Ideas

- There are many ways to guard a ball screen, and many ways to offensively use a ball screen, but as a general rule of thumb, we want the ball-handler to use at least 2 dribbles coming off of the screen with the intent to score. Anything less than 2 dribbles will not stretch the defense enough to create mismatches and scoring opportunities.
- It is very important to read how the defense is guarding the ball screen, and then use a change of pace to explode off of the screen. There must be deception.
- We want to *get to the level of the screen* to have proper angles and spacing.
- If the ball-handler notices the defense look for the ball-screen when it is called by the defender guarding the screen, that is a great time to "refuse" the screen → Example would be a ball screen on the wing – defense calls for help and defender on ball turns head, ball-handler could cross over to the baseline to refuse the screen and attack the rim.
- As a general rule of thumb, if the ball-handler can occupy the screener's defender and the screener rolls to the rim, a bounce pass must be used. The chest pass or lob will typically get deflected.
- On all ball screens, the handler must recognize who is setting the screen, and what that player prefers to do; i.e. is the screener a post man that is going to roll to the rim, or a shooter that is going to pick and pop to 3?

Transition Game Ideas

- In the primary 2v1 break, we teach our ball-handling guard that they must attack the defense with the intent to score. They only make the pass to the receiver when the defense fully commits to their penetration.
- In the 2v1 break, we want our offensive players to split the floor into 1/3's, approximately one yard outside of the free throw lane. As they get closer to the hoop, they will progressively get closer to each other. We want the ball in the inside hand of the ball-handler (better angle to make the bounce pass to the finisher).
- In the 3v2 break, we want our ball-handler to go towards our best shooter and away from our best finisher at the rim (ball-handler must immediately recognize the strength of his teammates). The ball-handler must attack the first line of defense and occupy that defender. At that point in time, the defense must make a decision to guard the hoop or cheat to guard the best shooter. If the bottom defender protects the hoop, the shooter will have an open look, and if the bottom defender cheats to guard the shooter, the finisher will have an open look at the rim. The key is to occupy the top defender and be able to make a quick read on the bottom defender (requires a point guard with a high skill level).
- We want our point guard to receive the outlet as deep as safely possible. On the catch, we want his body opened up to the middle of the floor, or if he has to catch facing the opposing basket, we want him to pivot and turn to the middle of the floor. We prefer the catch to be wide (near the sidelines) so that the angle is good to make the pitch-ahead pass to the near-side wing, or the point-to-post "lob" pass to a post running to the rim. If the guard catches in the middle of the floor, there is typically a lot of traffic and passing angles diminish.
- We want our wings (2's & 3's) to run the wings as wide as possible. In fact, in practice we have them run near the sideline or even run out of bounds to emphasize running wide. Once the rebound is secured, they must immediately begin to sprint the lane.
- Point guards are looking to pitch ahead to the near side wing, go point-to-post to the streaking post man (typically must pass before the ball gets to the half court line), or look for the diagonal pass to the opposite wing (aim the pass to the far corner).
- Point guards can also "cross main street" by using the 4-man who is trailing as a moving screen. This is a great way to get a quick ball reversal, which forces the defense to rotate.
- If the point guard has no options to pass the ball ahead to a teammate, we want our point guards to look to penetrate in secondary transition. We tell our point guards to "crack the shell" of the defense. It is crucial that the near side wing is wide & low enough, and that the trailer stays well behind the 3-point line to space the floor and discourage help-side defense. On the penetration, the low-post must drop into an alley near or behind the hoop to give the guard room to get to the rim or passing angles on any post help.
- If the point guard is a great shooter, we work on the pull-up 3 in transition, especially in a 2v1 or 3v2 setting. This shot is very difficult to make, but it is almost impossible to defend, without giving up an easy lay-up (especially in 2v1).

FROM THE DESK OF *Lute Olson*

Recruiting:

Above all, there are two things that we look for at every position: shooting and quickness. Shooting is the key to anything you're trying to put together. It's the great equalizer. I try to impress upon my assistants not to talk to me about a kid who has great hang time or can really take it to the hole if he's a lousy shooter. In the end, if a guy can't shoot he's going to keep you from getting where you want to go.

We don't want a non-shooter. You can help people with their shooting but if they're not shooters there's only so much that can be done. Sometimes a bad shooter can improve to a fair shooter, fair shooters to decent shooters, but you are not going to see guys go from bad shooters to great shooters.

Quickness is critical at the three perimeter spots, especially in regards to defense. You can teach a lot of guys defense but if they don't have good feet they're always going to be limited in how good they can be defensively.

Specifically, with a point guard, we're looking for the kind of quickness that can break down defenses. We like a point guard who can shoot because it opens up so many other opportunities. A point guard must also possess strong character traits. For instance, is he the kind of guy who's going to lead by example as well as being vocal?

When we look at wing players we want guys who can run the floor. The same is true for the interior players we recruit.

With big guys it comes down to how well they run the floor. Also, an inside player needs to have good hands. Does he have soft hands? Does he catch the ball well? In my experience in dealing with inside guys, if they don't catch the ball well you're going to have restrictions on how good you can become. We want the kids with the best hands we can find. Aggressiveness is also an important qualification for our inside guys. Are they aggressive to the ball? Are they quick to the ball? There may be some guys who can jump real high but they have to gather themselves. By the time they do, the quick jumper has the ball.

NORTHERN STATE UNIVERSITY
WOLVES BASKETBALL

CYCLE OF THE GAME

1. DEFENSIVE COVERAGE --- CONCENTRATION-COMMUNICATION-CONSISTENCY

- ___ Transition & Talk (Talk Fullback & Halfback) STANCE (Sit into game)
VISION
- ___ Ball Pressure & Jump to Ball/No Middle & Control Funnel POSITION
TALK
- ___ Rotation (Baseline Trap and Cover Down) ANTICIPATION
TECHNIQUE
- ___ Wing Denial (On and Up The Line, Hand In Lane) *****CONSECUTIVE STOPS
- ___ Keep It Out (Transition, Post Feed, Drive, Flash, Rebound) CONTROL THE FUNNEL
STEER, SQUARE UP, ZIP
- ___ Keep It Off The Top (Head In Lane, Tunnel, Extend) BASELINE TRAP AND
COVER DOWN ROTATE

2. SHOT PRESSURE – change or alter

3. BOPCRO (Block Out, Pursue, Chin the Rebound, Outlet) BALLS – SWITCH BALL SCREENS

4. SURENESS (TALK OUR OFFENSE) BALLS IN THE RACK

- ___ Triple Threat/Sinko Threat (Add Pass Fake and Shot Fake) T ough
E ffort
- ___ Rim, Post, Action @ Wing-----Rim, Post, Post, Action on Top A ttitude
M otives
- ___ Cutting & Screening S ervant Leaders
- ___ Dribble Up To Fill Top
- ___ Dribble at Overplay For Loop or Backcut
- ___ Put Ball on Top Twice, Third Side Inside (TOP DOWN FEEDS)
- ___ Lane Game (Break Package, Post Feed, Drive, Cutter, Rebound)
- ___ Cut & Space (Gaggle) PLAY HARD
PLAY SMART
PLAY TOGETHER
THEN IT IS FUN
- ___ Drive & Space

5. SHOT DISCIPLINE

- ___ 4'S & 3'S PLAY THE RIGHT WAY
TO WIN THE RIGHT WAY!
- ___ Who, Where, When, How
- ___ Inside/Out Approach...No Perimeter Lapses—Inside Presence
- ___ Second Shots (1st = 30%, 2nd = 60%, 3rd = 80%)

6. OFFENSIVE BOARD COVERAGE

- ___ Slice of the Pie
-Posts Roll Weak side
-2 on 1 Weak Side Rebounding
-Wings to Elbow on a Three From Top
- ___ Guard Penetration
-Other Two Are Fullback & Halfback after Crack back
- ___ Rebound Presence

NORTHERN STATE UNIVERSITY WOLVES BASKETBALL

Perimeter Skill Development Workouts

PERIMETER WARM-UP (Approximately one minute on each of these, **SIT INTO YOUR GAME**)
Two ball dribbling sequence + Shelton drills, Sendek drill, Hardaway between legs crossover
Dribbling and juggling
Back dribble technique, pullback crossover progression, and pullback crossover on circle
Imaginary Defense (Talk your defense, yell it out)
Moving without the ball (Work independently, work in pairs, work in groups of 3, 4, 5)
Break Package Sprints
Shooting Progression
Five Finger Tip Push-ups

REMEMBER

- *Keep it straight, aim for the **BACK HALF OF THE BASKET**.
 - *Get it up. Top of the shot; top of the board (**WE WANT A CONSISTENT ARC ON EACH SHOT**)
 - *Hold a one second high follow through
 - *Land six inches closer for body balance
1. Spin yourself a pass moving out from behind the arc to practice ball in air, feet in air.
 2. You may dribble bust out to the arc, quick stop, rear turn and execute the move.
 3. Catch facing in triple threat. **CALL OUT RIM, POST, ACTION.**
 4. Respect the three-point arc.
 5. Put 60% of your weight on your permanent pivot foot.
 6. Visualize going against your opponent's momentum. **DRIVE THE FRONT HAND.**
 7. All drives are preceded by a one inch shot fake.
 8. Explode with the circle tight movement of the ball. **MEDIUM CENTER OF GRAVITY TO A LOW CENTER OF GRAVITY**
 9. Direct drive; put him in jail on the second step.
Cross over drive; put him in jail on the first step.

GUIDELINES

If you have trouble with a move, break it down and spend extra time on just that move.
BE A SKILL PLAYER NOT A DRILL PLAYER.
The technique and the proper and quick execution at game speeds is what we care about.
Periodically check your heart rate with a ten second count and multiply by 6.
220-Age=Maximum Heart Rate Get to 90% of maximum heart rate. E.g. 180+

1. All lay-ups must be clean to be a make, worth 2 points
2. Mix up power lay-ups and one foot lay-ups. Ten toes point to baseline on power lay-up.
3. Swished jump shots you add a point (2=3, 3=4)
4. Call out your score on every shot attempt, made or missed.
5. Put back all misses. Long rebounds are usually jump shots. These putbacks do not count.
6. Use free throw swish rules in counting your free throws
Swish=+1 Make Hitting Rim=0 Miss=-1

MOVES FROM EACH WING (Middle drive is our drive of preference)

Three
Middle drive to rim (Cross rim)
Baseline to rim (Ten toes to baseline power shot)
Middle drive, quick stop and quick shot
Middle drive, quick stop, step across and power shot
Middle drive pull-up
Baseline drive pull-up
Middle drive hop back separation
Baseline drive hop back separation
Middle drive hesitation or rocker off hop back move to rim
Baseline drive hesitation or rocker off hop back move to rim
Jab step to a three
Free throw (4) Swish=+1 Make With Rim=0 Miss=-1

Swish Everything=64 Points

NORTHERN STATE UNIVERSITY WOLVES BASKETBALL

MOVES FROM THE TOP

Three

Direct drive to rim

Crossover drive to rim

Direct drive to a quick stop and quick shot

Crossover drive to a quick stop and quick shot

Direct drive to a quick stop, step across, power

Crossover drive to a quick stop, step across, power

Direct drive pull-up

Crossover drive pull-up

Direct drive hop back separation

Crossover drive hop back separation

Direct drive hesitate or rocker off hop back to rim or quick shot

Crossover drive hesitate or rocker off hop back to rim or quick shot

Jab step to a three

Free throws (4) Swish=+1 Make With Rim=0 Miss=-1

Swish everything=52 Points

FREE THROW SWISH +2/-2

If you lose (-2), do push-ups or a down and back sprint

If you win (+2), shoot a string of made free throws. If you miss, a swish lets you continue on.

PARTNER PASSING AND SHOOTING with one, two, and three passes is excellent. Six makes on one pass, six makes by each player on two passes, and six makes on three passes.

50 POINTS FOR TIME

Shoot from inside the arc and count a two as three if it is swished

PLAY FREE THROW

Shoot from the arc and count a three as four if swished

SWISH BETWEEN

Two games of twos and two games of threes gives a chance to improve scores

GAMES

THREE OR MORE PLAYERS WORKING OUT TOGETHER

THREE PERSON ONE ON ONE

The extra guy plays help side defense. Play from various spots on the floor.

Be explosive, read your defender's front hand, beat him and then play the helper .

- FULL COURT ONE ON TWO DEFENDERS (Full-court pick-up and one man at half line)
- HALF COURT ONE VERSUS TWO TRAPPERS (If four or more, use a high post release)
- TWO BALLS AND THREE CLOSERS OUT

*****MAKE 25 THREES WITHOUT MISSING TWO IN A ROW (Our key drill this year)

If you miss two in a row, you can keep the streak by swishing the next shot.

Record when you went out in each sequence. E.G. 7, 16, 4, 25.....Keep going if you hit 25!!!!

This is very tough and will greatly improve your three point shooting ability.

ENDING WORK-OUT

1. X-Lay-ups and reverse X-Lay-ups versus time.....20 seconds
2. You can choose to end with two five pound weight plates and do one minute segments of
 - a. Imaginary defense
 - b. Moving without the ball
 - c. Break package sprints

YOU CAN'T DO ALL THE DRILLS EACH DAY BUT YOU CAN DO ALL THE SKILLS

- BE A PRACTICE PLAYER FIRST. PROPERLY AND QUICKLY EXECUTE THE FUNDAMENTALS OF THE GAME FOR THE WELFARE OF THE TEAM
- PRACTICE AND PLAY WITH THE INTENSITY AND POISE OF A NATIONAL CHAMPIONSHIP TEAM



WOLVES REBOUNDING SEQUENCE

1. **3 v 0 offensive rebounding:** Coach shoots from 10' – 12' and three players are aligned above free throw line extended in each 1/3 of the court. On the shot players find the best “slice of the pie.” In doing so, they use a tap and swim technique. Rebound the ball with two hands, two feet, two cheeks, and snap the ball to their chin when captured and finish with a power shot. On the made basket the players sprint back for transition defense.
2. **3 v 3 (with air dummies) offensive rebounding:** Same procedure as above but now the offensive player needs to fight pressure from the air dummy block out. The key coaching point we add is to make sure the players go to a gap, not a back. In this phase a team could also work on keeping the ball alive. If you can't secure the rebound try to tap it out to keep the ball alive for your teammates.
3. **3 v 3 (air dummies) defensive rebounding:** On the shot players use their rebounding technique to block out the air dummies. They must hold the block out allowing the ball to bounce two times before pursuing to and capturing the ball. Make sure players keep their hands high (above shoulders) and use their assets. Once they have possession the best handler of the group comes to receive the outlet and the three player's transition into a fastbreak and finish.
4. **Scramble block out:** This is the same as above but now the defensive player is not allowed to block out the man in front of him. This encourages communication and incorporates help side rebounding techniques.
5. **Baseline trap and cover down wide blackout:** The ball is now moved to the baseline and trapped. The player who traps the ball needs to rotate back to find the man coming down the middle of the lane.

Wooden Work Checklist



- **Grguvich Work**
 - Closeouts, Push-Steps, Run to Recover
- **Partner Work**
 - Charges (Technique)
 - Sickles
 - Rebound Captures
 - Brickwall & Jail
 - 4-4-4
 - Saver – Savee
 - Partner Passing
 - Power Shots
 - ½ Line (Know the rule)
- **Team Fundamentals**
 - Pass & Quick Cut
 - Cycle Drill
 - Lane Passing
 - Toss Back – Rip Pass
 - 5-Spot Closeouts
 - Tunnel Work (Team D)
 - Guarding Single-Double
 - Wolfing Ball-handler
 - 3/3 Trapping
 - Pre-Game Warmup
- **Screens** → Setting or Guarding
 - Ball Screens
 - Back Screens
 - Down Screens
 - Side By Side Double
 - Cross Screen
 - Staggered Double
 - Flare Screen
 - Hand-offs
- **5/0**
 - 1 play, Denver, Cross, Cross Comeback
 - SLOB to Secondary Break to 5/0
 - Single-Double (Guard)
 - Free Throw X / Blockout

NORTHERN STATE UNIVERSITY BASKETBALL



MENTAL AND PHYSICAL RECOVERY

- **Mental and physical recovery is a key for consistent high level performance**
- **Our team and team members must have time free from the demands of performance or life**
- **LISTEN TO YOUR BODY**
- **We all have a need for:**
 - **Relaxation**
 - **Rest**
 - **Personal Space**
 - **Good Nutrition**
 - **Joyful Moments**
- **THESE NEED TO BE AWAY FROM THE PERFORMANCE DOMAIN**
- **Time and focus away from the performance arena effects what you do in the performance arena!!!**
- **We have a need for quiet times for rest and reflection with nature and loved ones**
- **IF YOU FAIL TO FIND A BALANCE BETWEEN QUALITY WORK AND QUALITY REST, IT WILL DESTROY YOU, YOUR PERFORMANCE, OR YOUR LOVE FOR WHAT YOU ARE DOING**

These ideas were taken from the book "In Pursuit of Excellence, How to win in sport and life through mental training."
Author: Terry Orlick

THINGS WE HAVE TO LEARN EVERY YEAR

1. YOU CAN PICK CAPTAINS BUT YOU CANNOT PICK LEADERS (THE FOXHOLE TEST)

When we think our team is ready each year, we have our players take the foxhole test. They draw a circle to represent their foxhole. They write their name at the front of the foxhole. They draw a

line at their rear, their left, and their right. On each

of those lines they write the names of teammates they would want in their foxhole if they were fighting a life and death battle.

The position to their rear is worth three points and is awarded to their most trusted, courageous, and tough teammate.

The position to their left is worth two points and is awarded to the second most trusted, etc. teammate, and the position to their right is awarded to the third teammate they would pick and is given a

value of one point. This test cuts through all the

friendships, cliques, and is the truest measure of what players really think of their teammates.

It might be a good idea for each coach on the staff to do this with his/her coaching staff, administrators, teach associates, and of course your team. There of many people who would love to have around on the golf course or in a duck blind but deep down you know that defeat is assured if they are in your foxhole.

2. YOUR TEAM IS NEVER AS TOUGH AS THEY CAN BE AND YOU CAN NEVER ASSUME THEY ARE TOUGH ENOUGH

When looking in the dictionary you see descriptions for toughness such as:

hard to break but not necessarily hard to bend, difficult to get the better of, apt to be aggressive, able to resist, etc.

When we think of toughness we immediately think of mental toughness and then physical toughness. LET ME SAY AT THE OUTSET THAT A TEAM WILL NEVER BE TOUGH WHEN THEY ARE COACHED BY A STAFF OF COACHES WHO ARE NOT. The hardest thing we have to do each day as

coaches is saddle up and face the day with the attitude we want our players and team to adopt.

WE CANNOT SELL THEM SOMETHING THAT WE DO NOT OWN. My most difficult task as coach is to be tougher on myself and more demanding than

I was the day before. THIS IS ESPECIALLY IMPORTANT WHEN YOUR PROGRAM IS WINNING GAMES. For every 100

who can handle failure, there is but one who can handle success. Winning can weaken the resolve of those who worship winning and do not plan, practice, play and coach to a higher standard. THE BEHAVIOR OF YOUR PLAYERS IN THEIR ACCEPTANCE OF FATIGUE, BAD CALLS, TURNOVERS, MISSED SHOTS, BEING OPEN AND NOT GETTING THE BALL, HARRASSMENT FROM THE OPPOSING FANS, TRASH TALK FROM OPPONENTS, AND THEIR AND THEIR TEAMMATES FAILURES AND SUCCESSES will tell you all you need to know about how well you are teaching the life long lessons of toughness.

3. PLAYERS AND COACHES, EVERYONE IN YOUR PROGRAM MUST BE WILLING TO CHANGE

WHEN IT IS FOR THEIR

IMPROVEMENT AND THE BETTERMENT OF THE TEAM.

This is the thing that always concerns us in our recruiting of players. We are not for every player. The solid programs will have attrition because there is a standard, a level of excellence, a desire for learning and improvement on and off the court that is demanding and is therefore character building in nature rather than a look the other way. That is probably why we have not have many transfers in our program from four year schools or junior colleges in our 30 years of head coaching. The few that we have had were outstanding kids and developed into great team players. As a coach you are constantly studying to find a new and better way to teach the game and **YOU USUALLY FIND THAT THE OLD SCHOOL WAYS ARE STILL THE BEST.** The **TEST OF TIME** is the master teacher and is a cruel but the fairest of all teachers. You will never have a team if the the best athlete on your team is not someone willing to be molded and taught to play the game and conduct themselves in the proper manner. If your leader is of suspect character, the fabric of your team will be torn apart when the first negative winds attack from outside the program. If your best athlete is a great leader, no amount of negativity will rip the team apart.

4. THINKING AS A TEAM, BECOMING A TEAM, AND ALWAYS REMAINING A TEAM IS THE SINGLE BEST THING THAT YOU CAN TEACH YOUR PLAYERS FOR THE PRESENT TIME AND FOR THEIR LIFE AFTER THEY LEAVE THE PROGRAM.

When you play a game, travel on the road games, register for classes waiting in long lines, eat in a restaurant, befriend or ignore a young child after a game, respect or taunt an opponent, deal with winning and losing, you are making a statement about what the core values are in your program. Coaches, players, and teams are teaching lessons in every encounter along life's way. We hope it can be said of our program that **EVEN WHEN THEY LOSE THEY WIN.**

The way you accept the hand life has dealt you vividly tells everyone else what your true character is. The great boxer Sugar Ray Robinson said, "You can tell the most about a man when he is getting whipped". That is oh so true in a basketball game and life. **YOU DO NOT HAVE TO WIN A CHAMPIONSHIP TO BE A CHAMPION.** As a coach, you are responsible for the actions of your players and team. You are not a coach if you look the other way and ignore bad behavior. It must be dealt with or you are harming your players for a lifetime. Philippians 2:1-8 gives a description of what a team attitude should be like for coaches and players.

5. TRANSITION DEFENSE, INTENSITY ON DEFENSE, REBOUNDING ON BOTH ENDS OF THE FLOOR, AND TURNOVERS ARE KEY FACTORS YOU CAN HELP YOUR TEAM BECOME AWARE OF IN PRACTICES AND GAMES.

Transition Defense---Try to develop a philosophy of transition defense that fits your style of play on both ends of the floor.

It might vary some each year depending on your personnel. Stick with it in every shooting drill, all break down drills, 5/0 work, and 5/5 scrimmage. This will be a key to not giving the game away.

Intensity on Defense---Too many ways to defend a particular offensive move means no way to defend it because players think too much. It has to be instinctive quickness. If a player lacks quickness, then this is even more vital. As Jerry Tarkanian said, "The more they think, the slower their feet get". Keep it simple on defense and lean to the aggressive way of doing things and your team will make more plays defensively.

Rebounding on Both Ends of The Floor---You must chart effort in order to see if players really value possession of the ball and realize that rebounding is most often the way you gain possession of the ball. Please refer to newsletter #2 for some of our ideas taken from Michigan State and Gonzaga University on rebounding.

Turnovers---We got a great idea from Porter Moser, the head coach at the University of Arkansas-Little Rock. He puts so many basketballs in the ball rack and removes one for each turnover. When all the balls are out of the rack it means that there will be morning running. We have modified it some because our coaching staff does not like to run in the early mornings. Porter is a very young coach. We put two balls in the rack and when we have turned the ball over three times the offending team will run or do whatever consequence we think is best. We like it, It is simple.

It drives home a point. BALLS IN THE RACK makes our players realize that everything they do in practice will effect what they do in a game.

THE ROAD TO SUCCESS IS ALWAYS UNDER
CONSTRUCTION.....Anthony Robbins

NO MAN FAILS WHO DOES HIS
BEST.....Orison
Swett Marden

ATTITUDE AND EFFORT

The only limitation placed on our abilities is our inability to easily recognize our unlimited nature. It takes EFFORT to become aware of our staggering and limitless abilities. It takes EFFORT to become enthusiastic over a cause, or an occupation. It takes EFFORT to continue when our results-as well as our friends-tell us to give up trying. It takes EFFORT to feel right about everything that happens-the joy as well as the sorrows of life. And it also takes EFFORT to learn to love ourselves above all others, especially when we are so consciously aware of our failures, doubts and tragedies. It does not, however, take EFFORT to fail. It requires little else than a slowly deteriorating ATTITUDE about our present, our future, and about ourselves. It is ironic that one of the few things in this life over which we have total control is our own ATTITUDES, and yet most of us live our entire life behaving as though we had no control whatsoever. By our ATTITUDE, we decide to read, or not to read. By our ATTITUDE, we decide to try or give up. By our ATTITUDE, we blame ourselves for our failure, or we foolishly blame others. Our ATTITUDE determines whether we love or hate, tell the truth or lie, act or procrastinate, advance or recede, and by our own ATTITUDE we and we alone actually decide whether to succeed or fail.

At this very moment in time, as you read these words, your ATTITUDE has determined what you are. Your enthusiasms, intensity, faith in yourself, patience with yourself and others, and childish excitement about your boundless future is a result of that single word-ATTITUDE. In the seasons

of life, ATTITUDE is everything! Jim Rohn

ARETE

There are moments like this when I feel I possess that elusive quality known as class. More frequently, I am certain I don't. But I am aware that it is always available to me. Anyone can have class. Its character is nonetheless elusive.

In talking about class and trying to define it, one runs the risk of sounding silly and snobbish. For one thing, not only is class difficult to define, it is much more evident in its absence. Since part of class is not boasting about it, the no-class people stand out. For every class athlete you see, you can name any number of spoilsports, showboats, alibiers and cheaters.

The Greeks have a word for it. Arete means the best. Arete also contains the Idea of something, whether it be an object or a creature, doing exactly what it was made for. Arete means being the absolute embodiment of what it was designed to be. It is not being better than something else; it is the best of what it is. Arete is me being the best possible _____.

THE IMPORTANT THING ABOUT ACTIONS IS NOT WHAT YOU DO, BUT THEY WAY YOU DO IT. "Every calling is great," said Oliver Wendell Holmes, "When greatly pursued." It is the old refrain all over again. HAVE NO CARE FOR THE OUTCOME. PLAY THE GAME TO THE HILT. SHOW A LITTLE CLASS.

THE DISTINCTION BETWEEN LIFE LIVED AS A SUCCESS AND LIFE LIVED AS A FAILURE, AS I SEE IT, IS A MATTER OF CLASS. CLASS IS A PRODUCT OF BODY AND MIND AND SPIRIT. I SUSPECT THAT FOR ME IT BEGINS WITH AN ALL-CONSUMING DESIRE TO DO MY BEST, A COMPULSION THAT EVERYONE HAS FELT FROM TIME TO TIME FOR DIFFERENT ACTIVITIES. MY TASK IS TO EXTEND IT TO EVERYTHING I DO.

Taken from This Running Life
By Dr. George Sheehan

THE TEAM

All championship teams always possess the most important factor of success and that is great team unity. Listed below are a few comments from championship coaches and players on why their team won championships.

Red Auerbach - former coach of the Boston Celtics - won 8 straight national titles.

"Some say you have to use your five best players, but I found out you win with the five that fit together best as a team."

Bill Sharman - coached ABA and NBA teams to championships.

"The only way to win is to sacrifice for the good of the team."

Vince Lombardi - legendary professional football coach.

"The Packers won the Super Bowl primarily because the team had a lot of love for each other and this unity helped us to hold up under pressure."

John Wooden - greatest coach in the history of our game.

"Our titles would not have been possible without the unselfishness displayed by all our teams, the team wins, not the individuals."

Wilt Chamberlain - greatest offensive player in the history of basketball and member of two NBA championship teams. Holds NBA record for most points in a game, 100, and most rebounds, 55.
"This is a team game and one man doesn't win and one man doesn't lose. In the end the best team usually wins."

Jon Havlicek - former MVP of NBA and member of the World Champions, the Boston Celtics.
"We win because we play together as a team."

Bill Walton - considered to be the greatest college player of all time.
"It hurts when people talk as if I'm the only player on the team. This is a team game, and I'm just one of the guys on the team. One-on-one is the most overrated part of this game. Five people playing together as a team decides the game."

It is amazing how much can be accomplished if no one cares who gets the credit, and when an individual loses himself in something he thinks is better than he, the team, you become a winner.

We wish you a happy holiday season. Sometimes players leave for the Christmas break and come back with more maturity and seem to have "figured it out". Hopefully, that will happen for all of us.

The Creed of the Pack

The Pack...

Is always protecting.

Is not boastful in times of success
and perseveres through times of hardship.

Is not easily angered or intimidated.

Is courteous, unselfish, and not
envious of others.

Never leaves anyone behind, thus it
is trustworthy and full of love.

Is disciplined and always performs the
mundanities of excellence.

Is patient, because it knows it must
endure trials and tribulations.

Most of all, **the Pack** is proud:
We are champions because we do all the
things required of champions.
This is our creed, and it is who we are.

“PRIDE IN THE PACK”

14 IDEAS FOR COACHES NEWSLETTER #6

Welcome to newsletter #6 in our series of ideas for coaches. Sundance Wicks has prepared this one on the merit of players using notebooks on a year long basis. We got this idea from Paul Brown of the NFL Cleveland Browns. He was a coach who was decades ahead of his time and developed most of the ideas currently employed by NFL coaching staffs. Many a Hall of Fame coach studied under Paul Brown and all of us use his ideas whether we know it or not.

“Most players stop their development because of their intelligence or lack thereof rather than their physical ability.”

- Paul Brown

DO YOU WANT TO BE A STUDENT OF THE GAME?

I have been involved with the Northern State University Men’s Basketball Team for five years now. Four of which I was playing under Don Meyer and this year being an assistant with the coaching staff here at Northern. Since the first day I stepped onto this campus I have not stopped taking notes. I am here to give my personal testimony on how **invaluable** note taking is. My senior project for the program was to type my season notebook with the Wolves. It was 115 pages long and covered everything that happened my senior year.

Every year our players get a copy of it to look at and examine one way of the many ways there are to take notes. Every person has a different tactic in taking notes. To put it plain and simple there is no wrong way to take notes. Covered in the player notebook are topics that range from team meetings, to notes on practices, to notes on my teammates strengths and weaknesses, game reflections, halftimes of games, community projects, addresses of people who needed our teams support, Meyerisms, quotes from numerous coaches, and ways to help us succeed in life. Everything is in chronological order so I could go back and see what happened in a game against an opponent the last time we played them. I really believe that by writing down ideas that the coaches saw or thought of increased my ability to think critically while watching games. I started to actually study games instead of just watching them. Now more than ever do I believe that our program is not just about developing fundamentally and mentally strong student athletes, but about developing all-around and well-rounded human beings.

Define student: a learned person; someone who by long study has gained mastery in one or more disciplines. Let’s take a closer and more in-depth look at what it means to become a student of the game of basketball. By just breaking down the definition of a student we can find key words and phrases that point us in the right direction of becoming a better student of the game. Words like “**mastery**”, as well as short phrases like “**learned person**” and “**long study.**” We are always asking the question of how we can become more knowledgeable in the game of basketball. Coaches go to clinics or academies to learn from the best and try to get all the good ideas,

knowing very well that they won't be able to use all of them. Still, the main focus is knowing that there is more than one way to skin a cat and we should never limit ourselves in scope. So the real question is how do we retain all of this information that is being provided by all the generous coaches in the world?

A coach should be a **learned person**; somewhere down the line you as a coach have developed your own unique style of coaching and methodology of teaching from years of studying the game (**long study**). By **long study** we mean, that you as a coach have paid your dues. You have been taught the game from many different people; some you consider close mentors and others just outside influences. You have studied other programs and compared them to ones you have been involved with and programs you have headed up yourself. Your job now is to teach your players what you have learned and what you are learning. We are all constantly learning; just some people are in a more advanced stage of learning and have the ability to share what they know, with people who are eager to learn.

We all gain knowledge differently, but there is one common trait that the 500 most successful CEO's shared. They all took very detailed notes. It cannot hurt to equip your players with a three ring binder that your players fill in with your team's concepts, plays, rotations etc. It can only help them learn quicker and more efficiently. Would you take a knife to a gun fight? Would you go to a coaching academy or clinic without a notebook, pen or pencil? Both are rhetorical questions, but they hit on a good point. Most coaches do bring a notebook and pen to write down the thoughts of other coaches. It is one of the most effective tools in helping a person retain information. Not just because you write it down, but because you can review it.

The next question is, if you consider yourself a teacher of the game, why would you not have your players bring notebooks to meetings or practice sessions to write down the concepts that your program stresses. Do you just expect them to memorize what you are telling them? What you are teaching is important? If they cannot remember what you are emphasizing, that will affect your team's chances of accomplishing what you want in games. Do your players need to be constantly reminded in practice where to go, what to do and how to do it? Writing it down is a review process in itself and it helps coaches teach more effectively. There is no need to reinvent the wheel every time you are teaching.

If a player has a question about something in the program it should already be in his/her notes. It also lets you as a coach know what your players think is important and how well your players grasp the note taking concept. You can check their notes by simply having your players turn in their notebooks to you. Players start to take pride in their notebooks and you will find them reflecting on topics covered if they are really serious about learning the game. It becomes a matter of you as the coach, teacher, leader equipping them with the tools; they just have to use them. "You can lead a horse to water, but you can't make him drink." It doesn't stop on the court though. You are also providing your players with an effective tool that can help them be successful in the classroom, on the basketball court and in the real world.

To be a **master** is to have total control over somebody or something. No one will ever have total control over another being, you can only control you. But we can have control over some thing, for example, our minds. By developing the habit of taking notes we are constantly increasing our chances of retaining information that is important.

You decide what and how much of it you want to write down and how often you want to review it. You are a **master** of your own mind, everybody is. **Mastery** is a constant process and will never be fully completed, but we can strive for it. Hence, we should never be satisfied with the amount or level of knowledge we are at. Nobody else controls the amount of knowledge you can gain. The perception of being a **master** is different for everyone, but we can all develop a thought process that can try and help you obtain the unattainable. That thought process is the idea of “Kaizen” constant improvement or lifelong learning.

RESPECT THE ELDERS
TEACH THE YOUNG
COOPERATE WITH THE PACK

PLAY WHEN YOU CAN
HUNT WHEN YOU MUST
REST IN BETWEEN

SHARE YOUR AFFECTIONS
VOICE YOUR FEELINGS
LEAVE YOUR MARK

WE LEARN.....

- 10% OF WHAT WE READ
- 20% OF WHAT WE HEAR
- 30% OF WHAT WE SEE
- 50% OF WHAT WE BOTH SEE AND HEAR
- 70% OF WHAT IS DISCUSSED WITH OTHERS
- 80% OF WHAT WE EXPERIENCE PERSONALLY
- 95% OF WHAT WE **TEACH** TO SOMEONE ELSE

There can be no happiness
if the things we believe in
are different from the things
we do.....Freya Madeline Stark
Travel Writer
1893-1993

Best of luck as your season begins,
Derik Budig
Randy Baruth
Nick Schroeder
Brad Christenson
Sundance Wicks
Don Meyer

FREE FALL CLINIC AND PLAYER NOTEBOOK INFORMATION BELOW:

ADDRESS:

**DON MEYER
BASKETBALL OFFICE
1200 S. JAY STREET
ABERDEEN, SD 57401-7198**

WEBSITES:

**www.coachmeyer.com
www.northern.edu**



LITTLE THINGS - - -

THEY'RE THE DIFFERENCE BETWEEN GOOD TEAMS AND GREAT TEAMS

- A jump stop
- A loose ball
- A bad close-out
- A one-possession mental lapse
- A quiet bench
- A bad attitude or not necessarily bad, but not as great as it could be
- One bad shot in warm-ups
- Not tagging the guy you came in for
- Tossing a towel
- Not accepting a hand when you come out
- A missed lay-up [no backboard]
- An intentional foul vs. a 1-1 foul
- Bad warm-up
- A flail
- A reach
- Not jumping off the bench to wipe sweat off the floor
- Talking to an official
- Not giving ball to referee properly
- A back-up player jacking around instead of doing what he can do to help

Concentration takes care of the little things. One must constantly be reminded of the "little things."

Execution of the little things is what we need to get back to. We seem to have lost this concern.

"WINNING WORDS BY TOM OSBORNE"

University of Nebraska

1. I celebrate a victory when I start walking off the field. By the time I reach the locker room, I'm done.
2. If your only mission is to win football games, you'll never win enough to find fulfillment.
3. I learned from Warren Buffet. I look for three things, intelligence, energy, and character. If they don't have the last one the first two will kill you.
4. I try to live one day at a time, and not worry about tomorrow. I try to live a disciplined life and accept the result of that disciplined life as the will of God.
5. Victory is achieved before, not during the game.
6. Witness for the Lord always, use words when necessary.
7. Everyone is a role model to someone and your impact might not be known for 25 or 30 years.

NORTHERN STATE



WOLVES BASKETBALL

Northern State Wolves Basketball

Post Play Ideas and Drills

Practice Notes & Ideas

DEFENSIVE IDEAS

1. Transition – 3 strides and find the ball and your man. Have vision on transition as you assume an on and up the line stance. Stance, Vision, and Move to position.
2. 4 and 5 man exchange men in transition if necessary. Change back when you have an opportunity.
3. Denial stance – On and up the line in a denial stance with a forearm on the man's hip if the ball is above the circle.
4. Dead front – When you dead front the post, bury him as deep as possible (when the ball is below the free throw line extended).
5. Dead front only the low post; play high side of medium to high post if the ball is above the circle; play low side if the ball is below the circle. *The key thing to stop is the roll to the low post from the mid or high post position.
6. If sealed on the high side of the post, don't get caught chicken fighting. Spin and release contact to give help or re-establish position. The key is to give no baseline angle.
7. Front a man's favorite side, play behind the man's non-favorite side.
8. What is the individual defender good at? Slow footed and strong play behind; quick and agile play in front.
9. Playing behind – start high side and on the pass jump behind and ride him out with your lower body. If he catches, take a step off to the baseline side.
10. Show hands when caught behind the post.
11. Middle drives – no inside help on middle drives; fake and recover.
12. Easy scores – don't give up easy angle scores. Don't sell out the farm and lunge for the pass.
13. Emphasize posting without fouling.
14. Keep the man in jail with arms up when he is even or below the backboard. Umbrella all moves to the basket. Jump and pressure all jump and hook shots.
15. When the ball swings to the top you go under and then fight to deny the high-low pass (so you give no easy angle scores). If the post is a good sealer, you might have to play behind and ride high with hips, and show your hands.
16. Skips – go under all skips and swings, work from baseline and then up. Give no baseline angle because you have no help.
17. Flashes – on all flashes and duck-in moves into the lane, you must meet the player with your chest in a denial stance. If the player is a dunker, you must put a body on him immediately. Treat him like a cutter that can use screens well.
18. Cross screens – tag cutter on cross screens. Take a small push-step toward him and use his momentum to ride him over the screen. The man guarding the screen jumps to the ball and protects the basket.
19. Fighting screens – get your arm out to tag screeners. They don't get to your feet; be big, be aggressive, be strong.
20. Trapping ball-screens – show before the ball gets to the screen and don't let the ball get to the screen.
21. Help – help with the body rather than reaching. Recover to where the man is, not where he was.
22. Close-outs – post man should close out short with high hands. You almost always will be driven by a non-post man. Post men usually can't shoot from the perimeter.
23. Be a communicator – talk to teammates on all screening action, help, and post defense position.
24. Hold the lane vs. a post that steps out and can't score from the perimeter. This is an option for the very big post men and against driving teams.

Defensive Drills (5/2 – the offensive players are listed first)

1. 5/2 arm bar tag to stop cuts and screens.
2. 1/1 with no hands (wing to top passes).
3. 1/1 skips (line of three air dummies to go under on skip pass).
4. 4/1 live start from transition (top, wing, flash, skips, drives, etc.) – for 30 seconds
5. 2/3 trap and recover baseline drive (defend high and low post, wing unguarded).
6. 4/2 keep him in jail (guard two low post players, wings drive).
7. 2/2 communication drill (slower movements and emphasis on talking our defense).
8. Shot block (lay-ups from each side, short baseline jumpers from each side).
9. 2/2 live post defense with two big's inside (30 seconds).
10. 2/2 cross screens
11. Ball screens (up screen, pro screen).
12. 1/1 cut throat (either high or low post positions).
13. 2/2 close outs inside the arc.

RECEIVING IDEAS

1. Get your work done before you catch and score. Use your feet to obtain proper position where you want to catch the ball. (e.g. Larry Johnson)
2. Catch with a Low Body Balance Base of Support (LBBBOS).
3. Catch perpendicular to the line of the pass. Make a quarter turn in the air to the basket.
4. Safely catch as close to the basket as possible.
5. Pick-ups off the floor can help stop traveling. Go straight into a middle hook shot.
6. Catch with two feet, two eyes, two hands.
7. Post release pressure on a dead-ball (dribble used), or a closely guarded dribbler (avoid 5 second call).
8. Chin the ball on the shoulder away from the turn. Turn to your right shoulder; ball should be on the left.
9. When working by yourself you can either throw a pass in the air or spin a bounce pass and quickly chin the ball upon reception.
10. SACS (student assistants) feed the post men high above their head. It is difficult to block and tuck high passes. It's more like catching a football above your head. You can't work enough on high (bad) pass catching.
11. On all back to passer drills, add a catch and score to each catch. You are teaching the duck-in move and Nelson posting move.
12. All postmen will catch with a half or quarter turn in the air when a pass is made to either their left or right. If the feed is right at them, they will come and meet the pass with no turn in the air. Then use a pivot to make their moves.

Catching Drills

1. 2 balls (1 tennis ball)
2. Whiffle ball catching
3. 2 hand overhead outlet passing and 1 hand catching
4. Back to passer (post catching and scoring).
5. 2 ball pick ups
6. Bad pass reaction
7. Crazy balls (also called Z-Balls: 1 800 556 7464)
8. Hard, high feeds.
9. Catching tennis balls off Nelson posting, sealing out, and post feeds.
10. Rodman drill: One coach with a ball. Player faces the coach as the coach throws the ball off the backboard. Player turns and locates the ball coming off the glass, catches it, scores it, and repeats.

PASSING IDEAS

1. Fan outs – only three players can spot up (ballside, top, and opposite). The 4 man will dive to the basket. The weakside overload works best against teams that play zone.
2. Fan out and relocate when in poor position initially. Take up space and seal.
3. Stay low until you make the pass out (LBBBOS). You must see all your options upon safely receiving the ball.
4. You can throw the bounce pass to your buddy who is cutting to the basket if you have no move or are double teamed. He needs to try and stay six feet away from you.
5. When you catch the ball on top, you first look down at the low post, then looks opposite at the screening action or to reverse the ball, and third look back where the ball came from.
6. On any duck in to the low post position, the bounce pass that is thrown from the high post, usually is the best pass to throw. It must be thrown low and hard.
7. Read where double team comes from and hit that teammate who should be spotting up or cutting to the basket to open a passing lane.
8. You can back dribble out of a double team. Try to dribble up at a 45 degree angle from the backboard. See the open man, make the pass, and then follow you pass hard.
9. On all drills the post will make a two hand overhead pass out to either a coach or a player.

REBOUNDING IDEAS

1. Block Out, Pursue, Chin the Rebound, and Outlet (BOPCRO). Rebound with ready hands up (head high), in LBBBOS stance. Go after the ball with two hands. One hand on top and one hand underneath. Chinning all rebounds is a must.
2. Rebounding from a dead front of the low post – you must go under offensive post player so he can't seal you out. You will work your way back under him.
3. When you man has inside position, body him down. Do this with your lower body while showing your hands.
4. Work to rebound the offensive weakside. Get a 2 on 1 advantage on the weakside.
5. Be a rebounder, not a jumper. Get the ball. Move to rebound, spin, and work. Don't jump until the ball comes off the rim. If you jump early you can't put our nose on the ball and rebound it with two hands. You are inside, beside, and almost never outside. If caught outside, body him down; show your hands.
6. Blocking out – if you already have a body on your man, tag him and pursue the ball (don't run under the backboard). If you don't have a body on him, push-step to him, then tag him and go.
7. Go up small, come down big. Jump like a jet, not a rocket.
8. Outlets – the first look is to the wing men running down the floor. Then look to the point guard.

Rebounding and Passing Drills

1. Rebound pulls, chins, and outlets.
2. Fan out after post feed; follow the pass (seal air dummy, catch and score).
3. Drop pass to a teammate that is diving o the basket.
4. NBA rebound put backs 1/2 (No Babies Allowed).
5. 2/2 cut-throat – coach shoots, 1 point for rebound, 2 points for put back.
6. 1/1 rebounding from a dead front position (go under).
7. 2/2 block out – use big ball or reduced rims
8. 3/3 block out air dummy (front low block, high post, and weak-side).
9. 2/2 high post flash – read the defense (if open shoot the jump shot, make a bounce pass to a low post duck-in, if neither is open then swing the ball).
10. 3/3 post fan outs, read double team, could dribble it up, see open man, follow pass (designate who doubles).
11. Rebound pulls and put-backs vs. air dummy.
12. Rebound pulls and long outlets.
13. Backboard slams (emphasize strong power move with a soft touch on finish).
14. Rebounding off of the down play from both side of the basket. Get in position for put-back.

15. Ante-over rebounding drill. Three players at a time. Two players are stacked behind each other on one side of the lane, 1 will shoot the ball off the backboard to the other side of the lane. The player will then go to the other side and get behind the other player. Players keep their hands up the whole time. The ball is caught and shot in the air.
16. Rebounding and shooting drill. Shooter in high post – have a closeout and contest the shot, have a denial of a low post player then a blockout, both offensive players try to get the offensive rebound.

BLOCK SHOT IDEAS

1. On the right side of the basket, you will block the ball with your left hand. Tap the shot to the free throw line elbow. If you can, you are trying to block the ball with the baseline hand whenever possible.
2. On jump shots, block with the baseline hand.
3. Try to catch the ball on a block rather than swatting or tapping it.

GETTING AND STAYING OPEN (SEALING) IDEAS

1. Be the best runner in transition on the floor each night you play.
2. The first big man down posts under the basket and seals the defender on the secondary break. Put your body on him first. This is the 1st way to get open. Other methods to get open are: V-cut across the lane (defender low, you cut low; defender high, you cut high), go away and come back (good to use especially if pushed off your mark), Nelson posting (letting the ball come back to you and step in and bury your defender), duck-in as the pass is made to the top, I-cut or drop to the mouth of the basket on a perimeter drive, back-pins for a perimeter, if fronted point the ball to the top and immediately seal-out. If you are played behind, try to get try to get the defender to shade you to one side so you can get a better angle to score. Just because the defender is behind you doesn't mean there is nothing you can do to get better position.
3. Fight the front foot of the defender. Sit on the defender's leg. Show your number to the ball. Make yourself big and wide with your arms and legs. Take up space.
4. Post at the 2nd hash mark if the ball is on the wing. If you can bury the defender, bury him parallel to the baseline. If the ball is on top you can bury the defender down toward the baseline.
5. Leg whip from Nelson posting (on skip) and pop the air dummy.
6. Hold your seal. Don't chase the ball around the perimeter and release the defender.
7. Post men seal with both hands up. See the back of the hands. Thumbs should be pointing toward your ears.
8. Use the pin screen along the lane for a good player. After the cutter uses the pin screen, take up space and post. Don't just turn around, find the defender and seal.
9. On any driving moves to the basket by a teammate, you either step off the lane, step up the lane, or you step into the lane opposite of the drive. You need to create a passing lane. A 3 point shooter in the post will go to the 3 point line behind the driver(European)
10. You can use a basket cutter to get open. Start away from the ball and off a cutter's heels as you flash to the ball to safely receive a pass.
11. Pick a good player that is a threat to score and set back pins for him. Back screen for him, and then re-screen him along the lane (pin screen). We call these back-pins. After the cutter uses the back-pin, you will take up space and then post.
12. First side post feeds must be "sweet" (a pass that leads to a non-created shot, the post must have paint and/or angles). If you can't get the ball sweet, work for the ball on the second or third side. *You and your teammates must know your best side.
13. Timing with the guards and the ball on getting open is crucial.

Sealing Drills

1. Consecutive sealing 1/1 (emphasis on the feet vs. wrapping with the hands, call top).
2. 2/2 transition sealing with high post trailer, post men bury defender under the basket (live defense, defender on the high post sag some and pressure some).
3. 1/1 v-cut and seal vs. air dummy (take him higher if high, lower if low).

4. Nelson posting – no ball
5. 4/1 seal out on swing for the high-low feed. Let the defender front you if he fights hard, then work for the high-low feed or a 2nd or 3rd side post feed.
6. Back-pin and seal (use cutter)
7. Up and pro screen. Set it and roll.
8. 2/3 zone sealing and movement (set up the bottom of a zone with three men vs. two offensive post men).
 - a. Screen in the wing, then step in and seal center
 - b. Seal out (high low)
 - c. Center screen as buddy flashes short corner, then you seal
 - d. Duck-in for high low
 - e. Flash high or short corner for shot or feed

SCREENING ACTION BY THE POST IDEAS

1. If you have two post players inside, vertical screens are harder to guard than horizontal screens. Set no flat cross screens. One player fills the low post. The other player will start from what we call home base (opposite elbow in the high post). From these spots, the two post players can set screens for each other (down, back or cross screens).
2. When you receive a screen, step away first. Then read the defense and use the screen.
3. As a post player, you can set a flare screen for a perimeter from the home base or you can step out and ball screen for a perimeter. If teams play off you in the high post, set ball screens for a good player. As a post player, you should be able to shoot the free throw line jumper.
4. Dive to the basket if the low post catches the ball.
5. Always look for back cut opportunities for yourself or your teammates.
6. Set all screens with your hands up. We want our post players setting screens in this manner so they will not get their hands pinned down and also they'll have their hands ready to receive a pass.

SHOOTING IDEAS

1. Know your favorite side, go-to move, and counter move.
2. Hook shots – learn and practice both hooks; running hook and two foot jump hook. Determine which is best for you.
3. Jump hook – catch with a quarter turn in the air, point your shoulder at the rim, and shoot the ball off the ear.
4. The jump hook to the middle (or any move to the middle), sets up all the rest of your moves. If you don't have a move to the middle, you can only score on a poor defender. Your baseline power move and your up and under move are set up by your move to the middle.
5. After doing shooting progression, you can do 5 clean power moves at a high rate of speed and 2 clean free throws to get you mentally concentrating.
6. Post men can have a higher shooting pocket because they don't need to have great range.
7. Try using reduced rime (2 inches higher and smaller) to help posts concentrate on all shots. [Dakota Sports – 605-332-2131]
8. On power shots carry the ball to the basket with two hands and lead with your elbow and extend your arms. Don't short arm the shot. Never "change" a power shot (double clutch). You either get fouled or get it blocked. Don't evade a foul; get 3-point plays.
9. You will never work enough on:
 - a. LBBBOS
 - b. Compact
 - c. Economy of motion (2 inch shot fake)
 - d. Footwork (starts, stops, and turns)
10. Keep 60% of your weight on the pivot foot.
11. Less is more. When you have a foot in the lane, don't dribble.

12. You must post high enough so you have angles to use the glass on your baseline jump hook, jump shot, and power moves.
13. Concentrate on your target when you are closely guarded. Don't look at the defense. You can't work enough with air dummies to teach concentration and balance.
14. When making a two-hand power dribble, use a 6 inch power dribble off the floor.
15. The quality of your shots is determined by you *positioning and body control*. *You don't win championships taking bad shots*.
16. A good post player must be guarded by at least two men. If doubled at your favorite spot, you can still score. If doubled at your non-favorite spot, find the diver or one of the three men spotting up.
17. Take up space and shoot the ball closer to the basket than where you received it. Don't fade away. This gives the defender room to block your shot. Put a body on him.
18. On turn around jump shots, pivot on ball of your foot, and keep the ball by the ear opposite your turn. A turn around jumper substitutes for a weak hand hook for most players.
19. You want to get a shot blocked before you start to shot fake. Use a two inch shot fake without using a foot fake. It will pay dividends later on.
20. When you receive a pass either on your left or right side, this tells you where the defense is located. The guards are taught to pass away from the defense. If they feed you in the middle of your body, the defender is behind you.
21. Shoot to the top of the square on bank shots. We want the ball coming down as it hits the glass on all bank shots.
22. Vary your rhythm in the post. Looking at the cutters can loosen the defense. Making your move quickly can help you avoid the double team. You must learn to change speeds. Young post players tend to move too fast when executing post moves.
23. Post play is based on location, location, location.
 - a. Your location
 - b. Defense location
 - c. Basket location [look at it]
24. We want no wasted possessions and no wasted post shots.
25. When flashing vs. zone, flash to the short corner on ball side if your buddy is defended on the top side. If buddy is defended on the low side flash to the high post on the ball side.
26. Keep your game simple. Know who you are and what you can do. Make the same old simple successful moves rather than fancy, unpredictable ones.
 - a. Get open
 - b. Stay open
 - c. Receive safely and score simply
27. Priority of Shots:
 - a. Primary break
 - b. Secondary break
 - i. Ball side wing feed
 - ii. Top feed
 - iii. Opposite wing feed
 - iv. 3rd side feed
 - c. Power move [no dribble, no move needed, you have an angle or defense is buried]
 - d. Power move with 1 dribble
 - e. Go-to move
 - f. Counter move
 - g. Rebound relentlessly at all times, follow your shot, hunt your teammates shots

Shooting Drills

1. Primary break finishes. Start at ½ court, run full speed, catch and finish with lay-up. Throw passes from both sides and the middle. Add a chaser for added pressure.
2. Secondary finishes vs. air dummy [play at basket, front, or behind]
3. 1/1 power moves only. Get an angle or bury him.
4. Go-to or counter moves after making a move to get open [v-cut, Nelson, go away and come back, middle or baseline drive, back-pin, pin, or any post screen]. Call you cuts.
5. Post moves – emphasize varying your rhythm in the post.
6. Pin screen air dummy for wing to post feed.
7. 1/1 cut throat [high or low post].
8. 1/1 live defense behind [wing and top feeds].
9. Penetration; shooting off I-cuts, step outs, and step-off.
10. 2/0 cut off a cutter for a shot – 2nd cutter.
11. Make 5 in a row; put-backs count [ball can't hit the floor on a miss]. Have a transition to the ½ line after each make.
12. 2/2 two ball shooting [add screening and cuts].
13. Three post men behind the foul line, three ball shooting. Get the cutter open. He will receive the first pass, and then the other two posts will receive their pass.
14. Zone two ball shooting.
15. Zone shooting [high post and short corner flashes]. Add a shot fake and drive.
16. Back screen step out for a 3.
17. Power moves and go-to moves vs. 2 air dummies giving great pressure.

Warm-up Drills

1. Dot drills.
2. Jump ropes.
3. Power dribble across floor.
4. Shooting progression – add hook.
5. Lateral line jumps.
6. Sidewinder defensive slides. 10 trips either at a slow pace or game pace.

For more information on post play, you can get Tape #7, “Developing Your Post Players,” or Tape #22, “Individual Development Workouts for Post Players.” You can also send your players to participate in or observe our position camp or college camp for post players. We also hold a Free Fall Clinic in October and a coaching academy each June.

THINGS I WISH AN OLDER, EXPERIENCED COACH WOULD HAVE TOLD ME WHEN I WAS YOUNG

1. JVK'S RULES

- a) Find yourself (This is a lifetime process)
- b) Find your unique gift or talent and develop it
- c) Give your gift away

Jerry Krause gave me these rules many years ago. They really teach servant leadership if applied to your coaching.

2. BE WHAT YOU IS BECAUSE IF YOU BE WHAT YOU AIN'T, YOU AIN'T WHAT YOU IS

Kids can spot a phony or con man a mile away. Try to adapt the good ideas of coaches you study rather than adopting the whole ball of wax.

3. GET ALL THE GOOD IDEAS BUT YOU CAN NOT USE ALL THE GOOD IDEAS

Your personality, your personnel, your league, your school, your geographic region, resources available and many other things will impact just what you can use in your program.

4. PROMISE LESS AND DELIVER MORE

Never promise wins and always provide attitude and effort.

5. DON'T SAY ANYTHING BAD ABOUT YOUR PREDECESSOR EVEN IF IT IS TRUE

6. PREFERABLE TO HAVE PLAYERS QUIT RATHER THAN HAVE TO DISMISS THEM FROM THE TEAM

When players just won't buy in or refuse to get on the same page, tell them what they must do and let them make the decision

to no longer be a part of the program. Do not rip them in the paper even if they deserve it.

Simply say that, "This is probably best

for all concerned. We wish this young man/woman only the best in whatever they choose to do.

7. NEWSPAPERS BUY THEIR INK BY THE BARREL AND YOU BUY YOURS BY THE PEN

The old adage that whoever has the piece of chalk last wins certainly applies to the print media. They always have the last word.

8. THERE IS NO SUCH THING AS A FREE LUNCH

Whenever someone gives you or the program something, they will eventually want to be paid back in some fashion.

9. MAKE EACH DAY YOUR MASTERPIECE

That is all we are assured of having so lets embrace the precious present. John Wooden's father gave him this advice.

10. WHAT MAKE A PAINTING A MASTERPIECE IS WHAT YOU TAKE OUT

Simplify. The more that players think the slower their feet get. (Jerry Tarkanian)

11, SEE THE PICTURE, SELL THE PICTURE, PAINT THE PICTURE

Dick Bennett authored this one. You must be visionary, sell the vision to your people, and then everyone paints the picture.

12. ALL THE GREATS KNOW HOW TO KEEP IT SIMPLE (Jack Whitaker)

13. AVERAGE TENNIS PLAYERS HAVE A GREAT VARIETY OF SHOT WHILE GREAT TENNIS PLAYERS HIT THE SAME OLD BORING WINNERS (Vic Braden)
14. LESS IS MORE (Donn Nelson)
15. THERE ARE TWO KINDS OF PAIN; THE PAIN OF DISCIPLINE AND THE PAIN OF REGRET
The pain of regret is experienced in March for most teams and at the end of careers for most coaches.
16. MOST PARENTS WOULD RATHER SEE THEIR CHILD MAKE ALL-STATE RATHER THAN THE TEAM WIN THE STATE CHAMPIONSHIP
17. COACH NOW THE WAY YOU WANT TO BE COACHING TEN YEARS FROM NOW (Jerry Krause)
18. STAGE OF COACHING (Jeff Janssen)
- a) Survival---Just trying to hang on, learn, make it through your formative seasons as a coach.
 - b) Striving for Success---Trying to win championships, games, the respect of your peers.
 - c) Satisfaction---You hve some success and put it on cruise control and go through the motions. No fire in the gut.
 - d) Significance---You are more than a coach. You impact lives, influence communities, and make worthwhile contributions to the lives of players, coaches, and others in your circle. 80% of coaches never reach this stage.
 - e) Spent---There is nothing left in your tank. It is no longer fun, important, or satisfying for you to coach.
19. MAKE THE BIG TIME WHERE YOU ARE
Don't wait until you get that big time job or pro job to do the very best you can. Make the big time where you are. It is a state of mind. Frosty Westering has authored a great book with this title.
20. PRAY FOR STRENGTH, GUIDANCE, AND FORGIVENESS EACH DAY
Strength is of no value without the wisdom to use it properly. We all misuse our strength or power and need forgiveness when we do so.
21. BUILD YOUR OWN ARMY.
Keep a low profile when you do this. Don't be obvious. Give something without expecting something in return.
A hamburger feast, Wolfdog Festival, or some other event to show appreciation to those who support the program and kids.
Daily acts of kindness and doing the right thing are the key to building a loyal army.
22. YOU MAKE ENEMIES MUCH FASTER THAN YOU MAKE FRIENDS IN COACHING (Abe Lemmons)
23. KEEP YOUR FRIEND CLOSE TO YOU AND YOUR ENEMIES MUCH CLOSER (The Godfather Movie)
24. WHO IS WORKING FOR YOU WHEN YOU ARE NOT THERE (Tommy Smith)

Who is helping you with the recruit you are trying to get in some far away town, in the local barber shop when fans criticize you,
at the dinner table when parents are ripping the coach in front of their child, etc.

25. I NEVER ALLOWED MYSELF, MY STAFF, OR OUR PLAYERS TO GET SATISFIED (John Wooden)

There is always something that can be done better.

26. THE LEAST USED RESOURCE IN THE UNITED STATES IS TEAMWORK

27. THE SADDEST DAY OF YOUR LIFE WILL BE THE DAY YOU FIND THAT YOU ARE NO LONGER PRODUCTIVE

28. HELP THE HELPER

Encourage the encourager. Credit those who sacrifice of themselves for the good of teammates, team, and program.

29. READ EACH DAY

Go to our website. www.coachmeyer.com Go to the Coaches Corner and punch the Must Read Books Section to find our favorite five. The Wooden Book, Tuesdays with Morrie, Make the Big Time Where You Are, First Things First, and The Art of Living.

30. WATCH TAPE EACH DAY, TAPE THE TEAMS OR PROGRAMS THAT PLAY THE WAY YOU DO OR WOULD LIKE TO,
HAVE A FEW GOOD "IDEA PEOPLE"

31. HAVE A THOUGHTS AND NOTES JOURNAL THAT YOU KEEP JUST FOR YOU (Dick Bennett)

32. ADD VALUE TO YOUR LIFE AND THE LIVES OF OTHERS YOU TOUCH AND YOU WILL BE INVALUABLE (John Maxwell)

33. PEOPLE DO NOT PAY FOR "AVERAGE" (John Maxwell)

Great people do not want to be average, associate with average ideas, or put out anything average with their name on it.

Have something you do that is great to get employers, players, coaches interested in you.

34. LEARN WHO YOU ARE AND WHAT YOUR GAME IS (Rick Majerus)

35. PICK BATTLES BIG ENOUGH TO FIGHT AND SMALL ENOUGH TO WIN

36. DON'T WRESTLE WITH A PIG BECAUSE YOU BOTH GET MUDDY AND THE PIG LIKES IT (My uncle on administrators)

37. SOMETIMES A GOOD ENEMY IS BETTER THAN A GOOD FRIEND

38. GET UP FOR EACH GAME

UP= Sense of URGENCY and sense of PURPOSE

39. DO NOT LET YOUR ASSISTANTS GET YOU FIRED

40. SPEND INFORMAL TIME WITH YOUR COACHES AND PLAYERS

Meals, trips, games to watch, retreats, and spontaneous times where they see you as a person and not just a coach.

Many times your best teaching will take place in these settings.

41. HAVE YOU PLAYERS SIGN IN DAILY AT YOUR OFFICE

They see you and you see them each day. Messages, information, mail, etc. can be given at this time.

They have time with each other if your office arrangement permits. Our seniors sign in until they graduate.

We are responsible for them until they graduate and often find ourselves responsible for them long after that.

42. HAVE A GOOD "MOLE" TO PROVIDE YOU WITH INFORMATION OR RECONNAISSANCE

The military calls it G2. Even in the Bible "good spies" we sent ahead to get valuable information.

43. USE ONE MINUTE ASSESSMENTS

One thing YOU did well and why.

One thing WE can do better and how.

44. TEACH, TEACH, TEACH

You better have good practices. (Al McGuire)

45. GREATEST STRENGTH; GREATEST WEAKNESS

If you only rely on your strength, it will eventually become your weakness. Strive to be a total package coach.

46. TO WIN CHAMPIONSHIPS YOU HAVE TO OBSESSED ABOUT THE FUNDAMENTALS

(Joe Gibbs)

47. IT IS NOT WHAT YOU TEACH, IT IS WHAT YOU EMPHASIZE

We all teach the fundamentals of the lay-up. When a player misses a lay-up and has to do five push-ups or makes a lay-up

but the ball touches the rim and has to do three push-ups, THAT IS EMPHASIS.

48. FOR EVERY 100 WHO CAN HANDLE FAILURE, THERE IS BUT ONE WHO CAN HANDLE SUCCESS

49. YOUR CHARACTER OR LACK OF CHARACTER WILL DETERMINE WHETHER OR NOT YOU ARE A CREDIBLE COACH

(Jeff Janssen)

50. THE ONLY THING THAT CAN KEEP US SAFE IS HUMILITY

PLEASE CHECK OUR WEBSITE www.coachmeyer.com OR CALL US AT 605/626-7730 OR 605/626-2230 FOR INFORMATION

OUR MAILING ADDRESS IS: WOLVES BASKETBALL OFFICE
NORTHERN STATE UNIVERSITY
1200 SOUTH JAY STREET
ABERDEEN, SD 57401-7198

Thank you for your time and we hope this will help you and your program.